

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

Name of the course	Diploma in Yoga and Naturopathy
Eligibility	+2 passed
Stream	Distance Education
Duration	1 year
Medium	English
Attendance	Minimum 80%
Year	2014 – 15 onwards

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

DIPLOMA COURSE IN YOGA AND NATUROPATHY (DYN)

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	DYN-T1	Fundamental of Yogic Techniques	25	75	100
2.	Theory Paper – II	DYN-T2	Applied Anatomy and Physiology	25	75	100
3.	Theory Paper – III	DYN-T3	Basic concepts of Naturopathy	25	75	100
4.	Practical - I	DYN-P1	Practice of Suryanamaskar, Asanas, Pranayama, Mudras, Bandhas, Kriyas & Preparation of Naturopathic Food	25	75	100
5.	Practical - II	DYN-P2	Intensive Teaching Practices in Yoga & Naturopathy	25	75	100
Grand Total				125	375	500

TERMS AND CONDITIONS:

1. Minimum for a pass in each examination paper, a student should obtain at least 40 % 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.

SYLLABUS

DYN – I – THEORY PAPER I **FUNDAMENTALS OF YOGIC TECHNIQUES**

Unit I:

Introduction Definition, Explanation, Yoga Tree, Yoga
yoga: Root , Branches, Hatha Yoga, Raja Yoga,
Karma Yoga , Bakthi Yoga, Jnana
Yoga, Tantra Yoga, Mantra Yoga

Ashtanga Maharishi Patanjali View, Saint Thirumoolar
Yoga: View , Eight Limbs, Two great sages of Yoga,
Father of Yoga , Father of Therapeutic yoga

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

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

Mudras: Definition, Explanation , Principles , Cautions,
Types ,Hatha Yoga, Hasta Yoga, Mana Yoga,
Kaya Yoga , Bandha Yoga, Adhara Yoga,
Contraindications, Benefits, Nadis , Chakras,
Kundalini

UNIT II:

Asanas : Explanations Benefits & Precautions,
Utkatasana, Padmasana, UttithaPadmasana,
Pastchimothonasana, Utthanapadasana,
Vipareethakarani, Halasana, Matsyasana,
Bhujangasana, Salabhasana, Dhanurasana,
Vajraasana, Usartaasana, ArdhaSirasana,
Nindrapadhasana, Piraiasana,
Padahasthasana, Thrikonasana, Konasana

UNIT III:

Sun Salutation : 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

Pranayama:

Definition and explanation of Pranayama, Types of Pranayama, Benefits and explanation of Pranayama, Preparatory stages for practice of Pranayama Precautions to be followed for practicing Pranayama, Anuloma and Viloma, Kabalpathi, Bastrika, Sitali, Sitkari

UNIT IV:

Mudras :

Definition and explanation about Mudras, Precautions to be noted before practicing Mudras Benefit, of Mudras Chin Mudra , Yoga Mudra , Maha Mudra

Bandhas : Definition and explanation about Bandhas, Precautions to be noted before practicing Bandhas, Benefits of Bandhas, Uddiyana Bandha, Jalandra Bandha

UNIT V

Kriyas : Definition and explanation about Kriyas, Precautions to be noted before practicing Kriyas Benefit, of Kriyas, Neti, Dhouti, Kabalpathi

DYN II: THEORY PAPER II
APPLIED ANATOMY AND PHYSIOLOGY

UNIT 1:

Defination of Anatomy & Physiology
Scope of Anatomy & Physiology in Yoga, Importance of Anatomy , Physiology in Yoga Terms used

Cells :

Structure , Functions , Mitosis , Meiosis

Tissues: Classification, Epithelial Tissue and its classification, Connective Tissue and its classification, Muscular Tissue and its classification, Nervous Tissue, Membranes Glands

Organs : Organs - Systems - Body fluids

UNIT I :

Blood : Functions, Composition, Cellular Elements, Clotting, Mechanism of clotting, Blood groups, Disorders of blood

Response of Cardio Vascular System : Structure, Arterial system, Venous system, Blood circulation, Functions, Cardiac cycle, Conducting Properties, Heart sounds, Pulse, ECG, Blood pressure, CVS Disorders, Blood vessel disorders, BP disorders

Respiratory System : Respiration, Respiratory system, Lungs, Mechanism of respiration, Reflex mechanism, Respiratory volume, Exchange of gases, Abnormal types of respiration, Artificial respiration

UNIT III

Excretory System: Kidney, Structure, Function, Formation of Urine, Diseases of Urinary system, Central Nervous System , Brain, Structure function, Spinal cord , PN, Sensation and Sensory path

Central Nervous System : Brain, Structure function, Spinal cord, PNS, Sensation and Sensory path

Autonomic Nervous System : Sympathetic, Parasympathetic, Chemical transmitters , Functions

UNIT IV

Digestive System : Mouth , Pharynx , Oesophagus , Abdominal cavity & its contents , Small intestine, Large intestine , Peritoneum,

Liver : Structure, Function

Gall bladder: Structure, Function

Pancreas : Structure, Secretions

UNIT V

Endocrine System : Pituitary gland, Thyroid gland, Para thyroid gland, Adrenal glands, Pancreas, Sex glands, Thymus , Pineal gland

Metabolism and Protein metabolism, Water metabolism, Salt metabolism, Vitamins, Classification, Fat
Metabolism, Carbohydrate metabolism, **Diet** Soluble vitamin, Water soluble vitamin

THEORY PAPER - III

DYN III – BASIC CONCEPTS OF NATUROPATHY

UNIT I

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

UNIT II

Iridology: Definition , History , Benefits, Cautions , Limitations

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

Hydro Therapy : Importance of water , Benefits , General rules, Various Natural Hydrotherapeutic measures , Enema , Barefoot walking , Benefit,

UNIT III

Massage Therapy : Definition, Benefits, Effects, Massage oils

Magneto Definition, Terminology, Types, Effects,
Therapy : Application

UNIT - IV

Nutrition and Diet Nutrients and its components

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

UNIT V

Fasting : Definition, Principle, Methods, Types, Classification, Fasting vs Starvation, Crisis, Symptoms, Breaking a fast , Benefits

DYN IV : Practice of Suryanamaskar, asanas, pranayama, Mudhra, Bandha, kriyas & preparation of naturopathic food

PRACTICAL - 1

Demonstration of Suryanamaskar

Asanas : Utkatasana, Padmasana, UthitaPadmasana, Paschimothanasana, Uttanapadasana, Vipareethakarani, Halasana, Matsyasana, Bhujangasana, Salabhasana, Dhanurasana, Vajrasana, Usartaasana, ArdhaSirasana, Nindrapadhasana, Piraiasana, Padahasthasana, Thrikonasana , Konasana

Pranayama : Anuloma and Viloma Kabalpathi, Bastrika, Sitali, Sitkari

Mudras : Yoga Mudra , Maha Mudra, Chin Mudra

Bandhas : Uddiyana Bandha , Jalandra Bandha

Kriyas : Kabalpathi Kriya, Vamana Dhouthi Kriya, Sutra Neti Kriya, Jala Neti Kriya

Preparation of Soya beans, Lemon juice, Raw vegetable salad
Naturopathic Fruit salad, Sprouts, Orange juice, Yoghurt, Food : Cabbage Soup,
Carrot Juice, Mixed Vegetable
Soup.

PRACTICAL - II

INTENSIVE TEACHING PRACTICE IN YOGA AND NATUROPATHY

Eligibility for Admission

Qualification : Pass in 10th std

Examination will be held in : May / June