

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

Name of the course	Certificate course in Yoga and Naturopathy
Eligibility	10 <sup>th</sup> passed
Stream	Distance Education
Duration	6 months
Medium	English
Attendance	Minimum 80%
Year	2014 – 15 onwards

# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

## CERTIFICATE COURSE IN YOGA AND NATUROPATHY (CYN) 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	CYN-1	Fundamental of Yogic Techniques	25	75	100
2.	Theory Paper – II	CYN-2	Basic concept of Naturopathy Technique	25	75	100
3.	Practical – I	CYN-3	Practice of asana, Pranayama, Suryanamaskar, Mudras, and Preparation of Naturopathic food	25	75	100
<b>Grand Total</b>				<b>75</b>	<b>225</b>	<b>300</b>

### 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

### **Theory Paper – I - Fundamental of Yogic technique**

#### **UNIT I**

##### **Yoga:**

Explanation, History of Yoga, Types of Yoga,

Hatha yoga, Raja Yoga, Karma Yoga, Bakthi Yoga, Jnana Yoga, Tantra Yoga, Mantra Yoga

#### **UNIT II**

Ashtanga Yoga, Contribution of Patanjali and

Thirumoolar to Yoga, Eight Limbs of Ashtanga yoga, Explanation of Yama, Niyama, Asana, Pranayama, Pratayahara, Dharana, Dhyana, Samadhi.

#### **UNIT III**

Asana, Definition, Meaning, Classification of Asanas, Explanation, Principles for practising

Asanas, Benefits, Misconceptions and its causes,

Few Asanas and their counterpose Similarities and Dissimilarities between Yogasana and Physical Exercises.

#### **UNIT IV**

Pranayama, Definition, Meaning, Basic concept of Pranayama, Puraka, Kumbhaka, Recaka and their ratio, Techniques of Nadi shuddhi, Sitali, Ujjayi and their benefit, Mudras, Definition, Explanation, Principles, Precaution, Types Technique and benefits of yoga Mudra and Maha

Mudra Nadis

#### **Unit – V**

Meditation, Definition, Meaning, Benefits,

Precaution, Candle meditation technique and benefits Kriyas, Definition, Meaning, Classification, Methods of practicing of Jala Neti and Vamana Dhauti and their benefits

## **Theory Paper – II Basic Concept of Naturopathy technique**

### **Unit – I**

Definition of Naturopathy, Meaning, Concept / Principles of Nature cure, Philosophy, Health, Disease, Tools, Crisis

### **Unit – II**

#### **Methods of**

**Nature cure:** Fasting, Definition, Classification, Dry fasting, Juice fasting and their method / benefits & Precautions, Raw diet, Vegetables and their combination

#### **Values of food Importance of Nutritive Diet:**

Definition, classification of food , Combination of food, Balance diet , Yogic diet, Naturopathy food nutrients.

### **Unit – III**

Mud therapy, Types, Procedure for preparation of mud, Mud application of abdomen and eye/ their technique, Benefits, Indication, Contraindication.

### **Unit - IV**

Hydrotherapy, Definition, Technique of enema, Hip bath, Steam bath, Benefits, Temperature of water , Types, Indication, Contraindication.

### **Unit – V**

**Application of Naturopathy technique for various diseases:** Cold, Cough, Fever , Asthma, Constipation, Diarrhoea

### **PRACTICAL – I**

**Practice of Asanas, Pranayama, Suryanamaskar, Mudra and preparation of Naturopathy food.**

#### **Part – I**

**Asana :** Navasana , Pavanmubtasana, Bhujanagasana, Vipareetakarani, Padmasana, Tadasana, Nindrapadasana, Virabhadrasana, Vajrasana, Sukhasana, Vakrasana, Janusirasana

**Pranayama :** Nadi shuddhi, Sitali, Ujjayi, Suryanamaskar

**Mudras :** Yoga Mudra, Maha Mudra

**Part - II**

**Preparation of Naturopathy food:**

Lemon juice, cabbage soup, Yoghurts, Soya beans, Lemon juice ,  
Raw vegetable salad , Fruit salad, Sprouts, Carrot juice, Orange juice,  
Mixed Vegetable Soup.

\*\*\*

**Eligibility for Admission**

**Qualification :** Pass in VIII Standard

**Examination will be held in :** May / June