

SRI DEV SUMAN UTTARAKHAND UNIVERSITY



SYLLABUS

PG Diploma

in

Yoga Holistic Health & Life style Management

PG DIPLOMA IN YOGA HOLISTIC HEALTH AND LIFE STYLE MANAGEMENT (PGD-YHLM)

1. GENERAL OBJECTIVES OF THE COURSE: TO ENABLE THE STUDENTS:

- a. To become competent and committed professional willing to perform and excel in field of Yoga and wellness.
- b. To use competencies and skills needed for becoming a successful Yoga, holistic health & fitness professional.
- c. The objective of this course is to provide students the techniques of management of life style through various alternative therapies like different massages, postures, meditation and yoga therapies.

2. NAME OF THE COURSE

PG DIPLOMA IN YOGA HOLISTIC HEALTH AND LIFESTYLE MANAGEMENT (PGD-YHLM)

3. DURATION OF THE COURSE & COURSE FEE

The duration of the course shall be 12 months. The commencement and conclusion of the course shall be fixed by the university as per the starting of new academic session.

4. ELIGIBILITY

Any candidate who has passed any graduation program or any other equivalent examination will be eligible for the admission to the **PGD-YHLM**.

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INTAKE - 60 STUDENTS

SELECTION PROCEDURE – INTERVIEW AND GROUP DISCUSSION

5. MEDIUM OF INSTRUCTION AND EXAMINATION

Medium of instruction for **PGD-YHLM** will be in Hindi or English and question paper shall be set in Hindi & English.

6. STRUCTURE OF PG DIPLOMA IN HOLISTIC HEALTH & LIFESTYLE MANGEMENT.

Area			Marks
Theory (external examination)	External	PG DHLM	600
Practical (internal examination)-	Internal	Performance of TECHNIQUE	100
		Viva voce	50
		Practical record book	50
		Total	800

Note:

External assessment will be done by the University. The practical assessment will be done by the Internal examiners.

SCHEME OF EXAMINATION/ PATTERN OF EXAMINATION

Examination Fees : Examination fees will be decided by the University.

Eligibility for appearing at PG DIPLOMA IN YOGA HOLISTIC HEALTH& LIFESTYLE MANAGEMENT Examination:

Student teacher should keep the terms with at least 75% attendance. He should complete all the practical and other work allotted in all parts of the syllabus.

Centre of Examination :

The Theory and practical examination will be conducted in the Institute campus.

Theory

The theory examination will be held at the end of the term. This examination will be of three hours duration and carry 100 marks each paper. Objective and descriptive types of question.

Practical:

The practical examination will be held before the theory examination. This examination will be conducted separately & will carry 100 marks.

S. No.	Practical work	Marks	Evaluation
1.	Performance of	100	Internal examiner

	Yoga & fitness activities		
2.	Viva voice	50	Two examiners (Internal)
3.	Record book	50	

Evaluation:

1)Theory	Marks	Minimum Std of passing
	100(each paper)	50(each paper)
Total	600	300
2)Practical		
Performance of fitness activities	100	50
Viva voice	50	25
Record book	50	25
Total	200	100
GRAND TOTAL	800	400

Standard of a passing:

1. A student must obtain minimum 50% of marks in theory paper.
2. A student must obtain 50% of marks in practical examination separately in internal assessment.
3. A student must obtain 50% aggregate marks together in theory & Practical assessment to pass the PG DIPLOMA IN YOGA HOLISTIC HEALTH & LIFESTYLE MANAGEMENT examination as a whole.

Award of Class:

Theory :

Class will be awarded to the students at the end of the course on the basis of aggregate marks obtained by him /her in theory part as shown in the table given below.

Sr. No.	Class	Theory
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1)	First class with distinction	70% & above
2)	First class	60% & above but less than 70%
3)	Higher second class	55% & above but less than 60%
4)	Second class	50% & above but less than 55%
5)	Pass	40% & above but less than 50%

Practical:

There shall be a grade on the report card for the practical assessment conducted. The grades will be given as below

Mark obtained (%)	Grade
90 & above	O
70-89	A
60-69	B
50-59	C
Less than 50	FAIL

Backlog of Course

Students will have to acquire at least 50% marks. If he/she fails to do so, Re-examination for theory/ project work will be arranged for them during the next course. Student shall appear only in the uncleared subject.

Marks Weightage:

Theory paper : Health & Fitness Specialist

Sr. No.	PAPER	SUBJECT	internal	External	Total Marks
1	PGD-YHLM-101	APPLIED HUMAN ANATOMY &PHYSIOLOGY	20	80	100
2	PGD-YHLM-102	FITNESS &WELLNESS	20	80	100

3	PGD-YHLM-103	YOGA THERAPY	20	80	100
4	PGD-YHLM-104	MASSAGE THERAPY	20	80	100
5	PGD-YHLM-105	THERAPEAUTIC &RELAXATION TECHNIQUE	20	80	100
6	PGD-YHLM-106	NATUROPATHY & ALTERNATIVE THERAPY	20	80	100
		TOTAL	120	480	600

Practical

Sr. No.	Practical work	Marks
1	Performance of Yoga, Posture & Massage	100
2	Viva voice	50
3	Practical record book	50
	TOTAL	200

Issue of Transcript & Passing PG DIPLOMA :

Within 15 days after the theory examination the course the student shall be awarded with the passing certificate by the institution conducting the course.

LECTURES AND WORKLOAD

Lectures :

Theory & Practical : 45 mins, four lectures a day – Monday to Friday

Workload :

(Theory & Practical)

Sr. No.	Unit No.	Topic	Theory hours	Practical Hours
1	1	APPLIED HUMAN ANATOMY	30hours	10

		&PHYSIOLOGY		
2	2	FITNESS &WELLNESS	40 hours	30
3	3	YOGA THERAPY	30 hours	30
4	4	MASSAGE THERAPY	20 hours	30
5	5	THERAPEUTIC &RELAXATION TECHNIQUE	30 hours	20
6	6	NATUROPATHY & ALTERNATIVE THERAPY	40 hours	30
		TOTAL HOURS	190	150

THEORY

Participants will have the opportunity to:

- Get introduced to basic Human Anatomy and Physiology with reference to Yoga.
- Know more about holistic health, yoga, posture and massage therapies.
- Get knowledge of various wellness aspects and alternative therapy & naturopathy protocols.
- Develop and use interpersonal communication and apply this to leadership situations.
- Learn teaching progressions and ethics for teaching & training clients and trainee

Syllabus

PAPER 1 (PGD-YHLM-101)

APPLIED HUMAN ANATOMY & PHYSIOLOGY-I

UNIT-I

1. General Anatomy and Physiology

- 1.1 Introduction – Scope of Anatomy & Physiology
- 1.2 Cell (Microscopic Structure and Function)
- 1.3 Tissue and its types
- 1.4 Brief Introduction of Systems of Human Body

UNIT-II

2. Brief Introduction of Musculo-Skeletal System

- 2.1 Bones- Composition, Function, Classification
- 2.2 Joints – Definition, Classification
- 2.3 Muscles- Classification
- 2.4 Origin & Insertion of Major Muscles

UNIT-III

3. Blood & Cardio Vascular System

- 3.1 Blood- Composition, Function, Physical Property
- 3.2 Structure and Function of R.B.C, W.B.C, Plasma Protein, Blood Group
- 3.3 General introduction of Cardiovascular System
- 3.4 Function of Heart, Cardiac Cycle, Heart Sound, Arterial Blood Pressure

UNIT-IV

4. Respiratory System, Skin & Endocrine System

- 4.1 Brief Introduction of Respiratory System
- 4.2 Structure and Function of Respiratory System, Lung Volume & Lung Capacities
- 4.3 Brief Introduction of Skin Structure & Function
- 4.4 Brief Introduction of Endocrine System, Endocrine Glands, (Pituitary, Thyroid, Adrenal)

UNIT-V

1. Nervous System & Excretory System

- 1.1 Brief Introduction and Classification of Nervous System
- 1.2 Structure and Function of Neuron, Synapse, Reflex Arc
- 1.3 Structure and Function of Kidney

- 1.4 Formation of Urine

UNIT-VI

2. Digestive System

- 2.1 Brief Introduction of Digestive System
2.2 Digestive Tract, Step of Digestion
2.3 Composition & Function of Saliva
2.4 Composition and function of Gastric Juice, Bile & Pancreatic Juice

PAPER – II (PGD-YHLM-102)

FITNESS & WELLNESS - I

UNIT-I

1. Introduction to Fitness and Wellness

- 1.1 Meaning, Definition & Importance of Fitness & Wellness
1.2 Components of Physical Fitness & Wellness
1.3 Principles of Fitness & Wellness.
1.4 Factors affecting Fitness & Wellness
1.5 Health screening and Fitness testing.

UNIT-II

3. Fitness for Specific Group

- 4.1 Fitness for Weight Loss and Weight Gain
4.2 Fitness for special population (Hypertension, Cardiac & Diabetic Patients)
4.3 Feminine Fitness - Pre and Post natal Exercise Plan,
4.4 Fitness for Senior Citizens

UNIT-III

3. Life Style Disorders and their Management

- 3.1 Symptomatology of Cardiac Disorders and its Management through Exercise
3.2 Symptomatology of Respiratory Disorders and its Management through Exercise
3.3 Life style disorders and its Management through Exercise
a. Obesity
b. Blood Pressure
c. Diabetes Mellitus

UNIT- IV

4. Environment and Physical Performance

- 4.1 Body temperature regulation, Effect of Hot and Cold environment, Acclimatization to heat and cold
4.2 Age, Sex and Performance, Changes in Physiological profile during growth development

- 4.3 Effect of Exercise on Cardiovascular System & Muscular System.

PAPER – III
(PGD-YHLM-103)

YOGA & YOGA THERAPY

UNIT– I

1. Yoga and Historical Background of Yoga

- 1.1 Introduction of Yoga & Historical Tradition of Yoga.
- 1.2 Concept and Principles of Yoga Therapy
- 1.3 Meaning, Definition and Types of Yoga Therapy
- 1.4 Yogic Diet – Role of Yogic diet in Yoga Therapy

UNIT– II

2. Asanas and Pranayamas

- 2.1 Meaning and Definition of Asana.
- 2.2 Types and Classification of Asanas: Meditative Asanas, Cultural Asanas, relaxitiveasanas
- 2.3 Concept of Pranayama, Panchaprana, Location &Funcation of Prana.
- 2.4 Types of Pranayama – Nadishodhana Pranayama, Suryabhedi Pranayama, Chandrabhedi Pranayama, Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama &Bhramri Pranayama.

UNIT– III

3. Cleansing Process (Shatkriya), Mudra and Bandha, Nadi and Chakras

- 3.1 Concept of Shatkriya. Meaning, types and Principles of Cleansing Process.
- 3.2 Meaning, Definition and Types of Mudra and Bandha
- 3.3 Concept, Definition and Types of Meditation
- 3.4 Meaning and Concept of Nadi and Chakras

UNIT– IV

4. Yogic Management

- 4.1 Stress and its Management through Yoga
- 4.2 Yogic Management of Diabetes and Obesity
- 4.3 Yogic Management of Asthma and Bronchitis
- 4.4 Yogic Management of Hyper tension and Coronary Artery Disease

PAPER – IV

(PGD-YHLM-104)

MASSAGE & SPORTS MASSAGE THERAPY

UNIT-I

1. Health & Fitness

- 1.1 Brief introduction to Concept of Health & Fitness
- 1.2 Brief introduction to Personal Hygiene & Health Club Hygiene
- 1.3 Concept of Ageing & its Impact on Health and Fitness
- 1.4 Lack of Fitness & Chronic Diseases

UNIT-II

2. Introduction to Massage

- 2.1 Brief Introduction to Massage
- 2.2 History of Massage, Professionalism of Massage
- 2.3 Aims and Ethics of Massage
- 2.4 Effects of Massage
 - 1) Physical
 - 2) Physiological
 - 3) Psychological

UNIT-III

3. Massage and Specific Applications

- 3.1 Classification of Massage Techniques
 - 3.1.1** Stroking Manipulation (Effect, Uses, Application on Body Parts)
 - 3.1.2** Pressure Manipulation (Effect, Uses, Application on Body Parts)
 - 3.1.3** Percussion Manipulation (Effect, Uses, Application on Body Parts)
 - 3.1.4** Shaking Manipulation (Effect, Uses, Application on Body Parts)
- 3.2 Benefit of Massage
- 3.3 Posture of Massage and Importance of Posture

UNIT-IV

4. Sports Specific Massage

- 4.1 Classification of Sports Massage Techniques
- 4.2 Effect of Sports Massage in Sports Competition (Pre, During, Post Competition)
- 4.3 Preventive & Curative role of Massage in Health Care
- 4.4 Indication and Contraindications of Massage

PAPER – V
(PGD-YHLM-105)

THERAPEUTIC EXERCISE & relaxation technique

1. Therapeutic Aspects-1

- 1.1 Introduction to Posture, Causes and Its Effects of Poor Posture
- 1.2 Correction of Common Postural Defects Through Exercises
- 1.3 Introduction to Soft Tissue Injuries Sustained in Sports, and their Common First Aid Management.
- 1.4 Low back pain: Preventive Measures and Remedial Exercises

UNIT– II

2. Therapeutic Aspects-2

- 2.1 Common Injuries of Upper limb, with reference to Precautionary Measures and Remedial Exercises.
- 2.2 Common Injuries of Lower limb, with reference to Precautionary Measures and Remedial Exercises.
- 2.3 Introduction to Osteoarthritis, with reference to Precautionary Measures and Remedial Exercises
- 2.4 Brief Introduction to CPR (Cardio Pulmonary Resuscitation)

UNIT–III

3. Relaxation Technique-1

- 3.1 **Sauna Bath:** Origin & History of Sauna Bath
 - 3.1.1 Types of Sauna Bath
 - 3.1.2 Therapeutic benefit of steam Bath, Precaution and contra indication
- 3.2 **Steam Bath:** Origin & History of Steam Bath
 - 3.2.1 Physiological effect of Steam Bath
 - 3.2.2 Therapeutic benefit of steam, Precaution and Contra Indication

UNIT– IV

4. Relaxation Technique-2

- 4.1 **Jacuzzi:** Origin & History of Jacuzzi
 - 4.1.1 Types of Jacuzzi
 - 4.1.2 Effects of Jacuzzi
- 4.2 **Chilled Water Shower**
 - 4.2.1 Physiological Effect of chilled Water Shower
 - 4.2.2 Precaution of chilled Water Shower
- 4.3 **Contrast Bath**
 - 4.3.1 Physiological Effect of contrast Bath
 - 4.3.2 Precaution of contrast Bath

Practical:

1. *Common First Aid of Soft Tissue Injuries in Sports(Upper limb, Lower limb)*
2. *Practical demonstration of CPR (Cardio Pulmonary Resuscitation)*
3. *Practical demonstration of Jacuzzi,*
4. *Practical demonstration of Sauna,*
5. *Practical demonstration of Steam,*
6. *Practical demonstration of Chilled Water Shower,*
7. *Practical demonstration of Contrast Bath,*

PAPER – VI
(PGD-YHLM-106)

NATUROPATHY AND ALTERNATIVE THERAPY

UNIT– I

- 1. Concept of Naturopathy and Alternative Therapy**
 - 1.1 Meaning and Definition and Basic Principles of Naturopathy
 - 1.2 Introduction & types of Alternative Therapy
 - 1.3 Philosophy of Nature Cure (PanchMahaBhoota Theory)
 - 1.4 Fasting -Definition, Introduction & Classification of Fasting-Therapeutic Benefits of Fasting

UNIT– II

- 2. Acupressure & Reflexology**
 - 2.1 Acupressure
 - 2.1.1 Definition, History & Concept of Acupressure
 - 2.1.2 Classification and identification of Acupressure Point
 - 2.1.3. Technique & Benefits of Acupressure
 - 2.2 Reflexology
 - 2.2.1 Introduction of Reflex zones of body
 - 2.2.2 Hand and foot reflexology
 - 2.2.3 Application, indication & contraindication

UNIT– III

- 3. Magneto Therapy and Chromo Therapy**
 - 3.1 Magneto Therapy
 - 3.1.1 Definition, Historical Highlights
 - 3.1.2 Concept of Magneto-Therapy
 - 3.1.3 Therapeutic Benefits of Magneto-Therapy
 - 3.2 Chromo Therapy
 - 3.2.1 Concept and Definition of Chromo Therapy
 - 3.2.2 Classification of Colors
 - 3.2.3 VIBGYOR and Its Therapeutic benefits

UNIT– IV

- 4. Hydrotherapy and Mud Therapy**
 - 4.1 Hydrotherapy:**
 - 4.1.1** Introduction and History
 - 4.1.2** Physical properties and chemical composition of water

- 4.1.3 Therapeutic actions and use of Hydrotherapy
- 4.1.4 The techniques of Hydrotherapy
 - a. Baths
 - b. Pool therapy
 - c. Packs and compresses
- 4.2 Mud Therapy**
 - 4.2.1 Introduction to Mud therapy
 - 4.2.2 Classification of Mud for therapeutic use,Precautions for storing mud,
 - 4.2.3 Methods of treatment of mud

NATUROPATHY AND ALTERNATIVE THERAPY (PRACTICAL)

- 1. PRACTICE OF VARIOUS THERAPIES**
- 2. HYDRO THERAPY:**
 - 2.1 Bath
 - 2.2 Packs
 - 2.3 Preparation of Mud and Procedure of application of Mud
- 3. MAGNETO AND CHROMO THERAPY :**
Procedure of application of Magneto and Chromo Therapy devices
- 4. ACCUPRESURE AND REFLEXOLOGY:**
Study the management of disease through various acupresure and reflexology points.
- 5. VISITING A NATUROPATHY CENTRE**