



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

(Estd. by the Govt. of Tamil Nadu Under Act No.9 of 2005)

Accredited with "B++" Grade by NAAC

Website : www.tnpesu.org

Phone No :044-27477906

Email : reg.sectnpesu@gmail.com

Melakottaiyur Post, Vandalur, Chennai - 600 127.

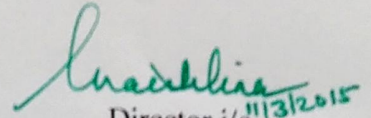
Dr.(Mrs) Grace Helina
Director (i/c)

11.03.2015

CIRCULAR

This is to inform that the students those who are studying in the various departments in TNPESU and affiliated colleges willing to join **Value Added Courses** offered by through Directorate of Distance Education of this University are provided with a concession of 25% of total fee (except application fee).

Interested students may avail this facility.


Director i/c 11/3/2015

Directorate of Distance Education



TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI

The list of Value Added Courses for imparting Transferable and Life Skills offered by this University during the last five years are attached herewith.



V. S. S.
Registrar
Registrar
Tamilnadu Physical Education
and
Sports University
Chennai

LIST OF VALUE ADDED COURSES

1. P.G. Diploma in Fitness and Nutrition
2. P.G. Diploma in GYM / Fitness Instructor
3. P.G. Diploma in Memory Development & Psycho Neurobics
4. P.G. Diploma in Obesity & Weight Management
5. P.G. Diploma in Onfield Sports Injury Management
6. P.G. Diploma in VARMA and Thokkanam (Massage) Sciences
7. P.G. Diploma in Yoga
8. P.G. Diploma in Yoga and Naturopathy
9. P.G. Diploma in Yoga Therapy
10. Diploma in VARMA and Thokkanam (Massage) Sciences
11. P G Diploma in Sports First AID
12. P.G. Diploma in Yoga Therapy, Varma and Herbal Science
13. Diploma in Yoga
14. P.G. Diploma in Fitness and Wellness Management
15. P.G. Diploma in Panchakarma Therapy
16. Diploma in GYM / Fitness Instruction
17. P.G. Diploma in Silambam Fencing
18. Diploma in Life Guard Training
19. Diploma in Acupuncture

APPROVED LEARNER'S SUPPORT CENTERS

Sl.No	Centre Code	Name of the College
11.	0111	Selvam College of Physical Education Salem Road, Ponnusamy Nagar, Pappinayakapatty (Po), Namakkal – 637 003, Phone No. 04286-645603/9566352145/9790149997 / Selvamphyedu2006@gmail.com
12.	0112	St. John's College of Physical Education Veeravanallur – 627 426, Tirunelveli – Dist., Phone No. 04634-288707, stjohnsbpedcollege@gmail.com/9976736791
13.	0113	Selvam College of Yoga and Research Centre, Chemmutal Saral Villai, Nathahi Street, Tholayavattam Post, Kanniyakumari Dt-629157. 9443283922 / Scyrc.edu@gmail.com
14.	0114	Koviloor Andavar College of Physical Education and Sports Science, Koviloor Madalayam, Koviloor – 630 307. Phone No. 04565-238219/235510 /Kacpe396@gmail.com
15.	0115	Sri Renugambal College of Physical Education C.C. Road, Ettivadi, Polur – 606 907, Tiruvannamalai Dist. Phone No. 04181-222688, samrajpe@gmail.com/9443236639
16.	0116	Sree Ramu College of Arts And Science N.M.Sungam, Vedaandur (po) Pollachi-642007 — Phone -04259-286969 Cell No 9942905589 - sreeramucas@yahoo.co.in
17.	0117	Cheran College of Physical Education, No. 9D/3, Ramakrishnapuram, Karur – 639001, Tamil Nadu cheranbped@gmail.com / 9080738884/9626322044
18.	0118	Sri Paranjothi Yoga College 113,Sri Paranjothi Nagar, Thirumurthi Hills -642112 Udumalper Taluk, Tirupur District, Tamil Nadu. admin@yogacollege.net/7094430551/7094430553
19.	0119	PGP College of Yoga and Research Centre Namakkal -637 207, 04286-267404, Cell 9176471000
20.	0120	Ave Maria Educational and Charitable Trust Panaravilai, Kannankarai, Veeyanoor Post, Kanyakumari Dist – 629 177 Phone: 04651/282310/ 9443150352 maria.college.of.engineering@gmail.com
21.	0121	Kathir College Of Arts And Science Wisdom Tree, Nelambur, Coimbatore – 641062. Tamil Nadu. 0422-22203767 / 68 9629923399 kathircaas@gmail.com
22.	0122	Pasumpun Muthurama Linga Thevar Physical Education College Plot No.3 Vadugapatti, Usilampatti, Madurai- 625 532. 19 Phone: 04552-252016/253370/9600593825 pmtcbped@gmail.com
23.	0123	Vidya Giri College of Arts and Science Sakkottai Main Road, Veerasekarapuram, Pudukottai Tamil Nadu -630 108, principalvcas@gmail.com/9443130431
24.	0124	MC Gans' Academy of Yoga and Sports, Perar, Kotagiri Road, Mynala Post Ooty, The Nilgiris - 643 002. mcgansyogasports@gmail.com/9500118833
25.	0125	Kamaraj College, Thoothukudi - 3 PHONE NO: 0461 - 2377925, 9894697387 kcdistanceeducation@gmail.com

Contact Details:

The Director - School of Distance Education

Tamil Nadu Physical Education & Sports University

Vandalur – Kelambakkam Road, Melakottaiyur Post, Chennai – 600 127.

Ph: 044-27477919//044-27477920 (Mob: +91 90433 34883//9840267451)

E-mail: sportsuniversitydde2007@gmail.com//tnpesusde@gmail.com

Website for online application: www.tnpesu.edu.in//www.tnpesu.org



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தொலைமுறைக் கல்வி கூடம்

SCHOOL OF DISTANCE EDUCATION

ADMISSION FOR THE ACADEMIC SESSION SEP/OCT 2020-21

(Last Date For Submission of Application Form refer University website)

Programmes Approved by University Grants Commission / Distance Education Bureau
New Delhi



PROGRAMMES OFFERED

UNDER GRADUATE PROGRAMME (3 years - Semester Pattern)

B.Sc., (Yoga)

POST GRADUATE PROGRAMME (2 years - Semester Pattern)

M.Sc., (Yoga)

POST GRADUATE PROGRAMMES (2 years - Semester Pattern)

1. P.G. Diploma in Counselling
2. P.G. Diploma in Exercise Therapy
3. P.G. Diploma in Fitness and Nutrition
4. P.G. Diploma in Fitness and wellness Management
5. P.G. Diploma in Gym / Fitness and Instructor
6. P.G. Diploma in Karate
7. P.G. Diploma in Kubudo
8. P.G. Diploma in Memory Development & Psycho Neurobics
9. P.G. Diploma in Obesity & Weight Management
10. P.G. Diploma in Onfield Sports Injury Management
11. P.G. Diploma in Varma and Thokkanam Massage Science
12. P.G. Diploma in Yoga
13. P.G. Diploma in Yoga and Naturopathy
14. P.G. Diploma in Yoga Therapy, Varma and Herbal Science
15. P.G. Diploma in Yoga therapy
16. P.G. Diploma in Adventurous Sports
17. P.G. Diploma in Panchakarma Therapy
18. P.G. Diploma in Silambam Fencing
19. P.G. Diploma in Sports Management

DIPLOMA PROGRAMMES (1 year - Annual pattern)

1. Diploma in Aerobic Instructor
2. Diploma in Gym / Fitness Instructor
3. Diploma in Kalaripayattu
4. Diploma in Karate
5. Diploma in Kubudo
6. Diploma in Kungfu
7. Diploma in Life Guard Training
8. Diploma in Memory Development & Psycho Neurobics
9. Diploma in Panchakarma Therapy
10. Diploma in Silambam Fencing
11. Diploma in Taekwondo
12. Diploma in Varma and Thokkanam (Massage) Sciences
13. Diploma in Yoga
14. Diploma in Yoga and Naturopathy
15. Diploma in Yoga for Human Excellence
16. Diploma in Adventurous Sports
17. Diploma in Yoga for Youth Empowerment
18. Diploma in Judo

CERTIFICATE PROGRAMMES (6 months)

1. Certificate in Aerobic Instructor
2. Certificate in Gym / Fitness Instruction
3. Certificate in Karate
4. Certificate in Kubudo
5. Certificate in Kungfu
6. Certificate in Memory Development & Psycho Neurobics
7. Certificate in Panchakarma Therapy
8. Certificate in Silambam Fencing
9. Certificate in Yoga
10. Certificate in Yoga and Naturopathy
11. Certificate in Yoga for Human Excellence
12. Certificate Course in Yoga Education
13. Certificate Course in Yoga for Youth Empowerment

APPROVED LEARNER'S SUPPORT CENTERS

Sl.No	Centre Code	Name of the College
1.	0101	Tamil Nadu Physical Education and Sports University Melakottaiyur Post, Vandalur, Chennai — 600 127. Phone No: 044 - 27477919 sportsuniversitydde2007 @gmail.com
2.	0102	YMCA College of Physical Education (Autonomous) Nandanam, Chennai – 600 035, Phone No. 004- 2434 4816, 004- 2436 1069 Ymca_phy_edn@yahoo.co.in
3.	0103	Apollo College of Nursing Vanagaram to Ambattur Main Road Ayanambakkam, Chennai-600 095 apollocollegeofnursing@gmail.com, 044-2653 4387/9282126666
4.	0104	Marudhar Kesari Jain college Vaniyambadi – 635 751 Tel : +91 4174 225300, 224300 / mkjcpinicipal@gmail.com/9976797135
5.	0105	Vethathiri Maharishi College of Yoga, 26, Second Seaward Street, Valmiki Nagar, Thiruvannamalai, Chennai – 600041 vmcy@vethathiri.ac.in Ph:9381025289
6.	0106	Dr. Mohans Diabetes Education Academy & Dr. Mohans Diabetes Specialites Centre 6B, Conran Smith Road, Gopalapuram, Chennai-600 086 / drmohans @diabetes.ind.in/9944049992
7.	0107	Dr. Sivanthi Aditanar College of Physical Education Tirunelveli Road, Tiruchendur – 628 215. Phone No. 04639-245110, 04639 – 245124 drsacpe@ael.edu.in/9443288890
8.	0108	Sri Sarada College of Physical Education For Women Fairlands, Salem – 636 016. Phone. No. 0427-2447858 / sscpesalem@gmail.com
9.	0109	Meenatchi Physical Education College Trichy Main Road, M.R. Kalvi Nagar, Thathanur (Po), Udayarpalayam (Tk), Ariyalur dt – 621 804, Phone No: 04331-245283, 04331-245123. t.pichaiappa49@gmail.com Ph:9443146668
10.	0110	Christian College of Physical Education K.P. Road, Kanyakumari Dist. Nagercoil – 629 003, Phone No. 04652-227011, 9944420837 e-mail: brightsports@rediffmail.com

AFFILIATED STUDY CENTRES

1. YMCA College of Physical Education
2. Apollo Hospital Educational Trust
3. Christian College of Physical Education
4. Cheran College of Physical Education
5. Dr. Sivanthi Aditanar College of Physical Education
6. GS College of Physical Education
7. Koviloor Andavar College of Physical Education and Sports Science
8. Kathir College Of Arts And Science
9. Meenatchi Physical Education College
10. Marudhar Kesari Jain College for Women
11. Maruthi College of Physical Education (Autonomous)
12. PGP Educational and Welfare Society
13. PMT Physical Education College
14. RVS College of Engineering
15. St. John's College of Physical Education
16. Selvam College of Physical Education
17. SKT College of Physical Education
18. Sri Renugambal College of Physical Education
19. Sethupathi Institute of Higher Studies
20. Sree Ramu College of Arts And Science
21. Sri Sarada College of Physical Education For Women
22. Selvam College of Yoga and Research Centre
23. Vethathiri Maharishi College of Yoga

Contact Details:

The Director

School of Distance Education

Tamil Nadu Physical Education & Sports University
Vandalur – Kelambakkam Road, Melakottaiyur Post,
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E-mail: sportsuniversitydde2007@gmail.com / tnpesusde@gmail.com

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SCHOOL OF DISTANCE EDUCATION

ADMISSION 2018-2019

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY



COURSES OFFERED

UNDER GRADUATE COURSES (Bachelor Degree)

1. B.sc., in Memory Development & Psycho Neurobics
2. B.sc., in Memory Development & Psycho Neurobics (Lateral Entry)
3. B.sc., in Yoga
4. B.sc., in Yoga (Lateral Entry)
5. B.sc., in Yoga and Naturopathy
6. B.sc., in Yoga (Lateral Entry)
7. B.sc., in Yoga for Human Excellence
8. B.sc., in Yoga for Human Excellence (Lateral Entry)
9. B. B.A., in Sports Management
10. B.sc., in Acupuncture
11. B.sc., in Acupuncture (Lateral Entry)

POST GRADUATE COURSES (Master Degree)

1. MBA. In Sports Management
2. M.sc., in Memory Development and Psycho Neurobics
3. M.sc., in Memory Development and Psycho Neurobics (Lateral Entry)
4. M.sc., in Psychology
5. M.sc., in sports Journalism
6. M.sc., in Varma and Thokkanam (Massage) Sciences
7. M.sc., in Varma and Thokkanam (Massage) Sciences (Lateral Entry)
8. M.sc., in Yoga
9. M.sc., in Yoga (Lateral Entry)
10. M.sc., in Yoga and Naturopathy
11. M.sc., in Yoga and Naturopathy (Lateral Entry)
12. M.sc., in Human Excellence
13. M.sc., in Yoga Therapy
14. M.sc., in Yoga Therapy
15. M.sc., in Yoga Therapy, Varma and Herbal Science
16. M.sc., in Yoga Therapy, Varma and Herbal Science (Lateral Entry)
17. M.sc., in Acupuncture
18. M.sc., in Acupuncture (Lateral Entry)

POST GRADUATE COURSES

1. P.G. Diploma in Counselling
2. P.G. Diploma in Exercise Therapy
3. P.G. Diploma in Fitness and Nutrition
4. P.G. Diploma in Fitness and wellness Management
5. P.G. Diploma in GYM / Fitness and Instructor
6. P.G. Diploma in Karate
7. P.G. Diploma in Kubudo
8. P.G. Diploma in Memory Development & Psycho Neurobics
9. P.G. Diploma in Obesity & Weight Management
10. P.G. Diploma in Onfield Sports Injury Management

13. P.G. Diploma in Varma and Thokkanam Massage Science
14. P.G. Diploma in Yoga
15. P.G. Diploma in Yoga and Naturopathy
16. P.G. Diploma in Yoga Therapy, Varma and Herbal Science
17. P.G. Diploma in Yoga therapy
18. P.G. Diploma in Adventures Sports
19. P.G. Diploma in Acupuncture

DIPLOMA COURSES

1. Diploma in Aerobic Instructor
2. Diploma in GYM / Fitness Instruction
3. Diploma in Kalaripayattu
4. Diploma in Karate
5. Diploma in Kubudo
6. Diploma in Kungfu
7. Diploma in Life Guard Training
8. Diploma in Memory Development & Psycho Neurobics
9. Diploma in Panchakarma Therapy
10. Diploma in Silambam Fencing
11. Diploma in Taekwondo
12. Diploma in VARMA and Thokkanam (Massage) Sciences
13. Diploma in Yoga
14. Diploma in Yoga and Naturopathy
15. Diploma in Yoga for Human Excellence
16. Diploma in Yoga for Human Excellence(Weekend Part Time)
17. Diploma in Adventures Sports
18. Diploma in Yoga for Youth Empowerment
19. Diploma in Acupuncture

CERTIFICATE COURSES

1. Certificate in Aerobic Instructor
2. Certificate in GYM / Fitness Instruction
3. Certificate in Karate
4. Certificate in Kubudo
5. Certificate in Kungfu
6. Certificate in Memory Development & Psycho Neurobics
7. Certificate in Panchakarma Therapy
8. Certificate in Silambam Fencing
9. Certificate in Yoga
10. Certificate in Yoga and Naturopathy
11. Certificate in Yoga for Human Excellence
12. Certificate in Yoga for Human Excellence (Weekend Part Time)
13. Certificate Course in Acupuncture
14. Certificate Course in Yoga Education

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
CHENNAI-600 006



2009-2010

SYLLABUS

P.G. DIPLOMA IN FITNESS AND NUTRITION
(DISTANCE EDUCATION)

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

Tamil Nadu Physical Education and Sports University
Chennai.

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**P.G. DIPLOMA IN FITNESS AND NUTRITION**
D.D.E PROGRAMME**REGULATIONS:****1. Duration of the Course:**

One Academic year July to May – Non Semester.

2. Objectives:

- (a) To provide well qualified Fitness trainers & Nutritionist in the field of Physical Education / fitness and sports.
- (b) To create Awareness of Fitness among the Public.

3. Eligibility for Admission to the Course:

A Candidate shall be admitted to the degree of P.G. Diploma in fitness and nutrition only if he/she successfully completed any degree recognized by the Syndicate, TNPESU.

4. Course of Study:

- (a) Effect of Exercise on Various Systems
- (b) Cardio Respiratory and Muscular Fitness
- (c) Exercise Prescription for Special Population
- (d) Health Promotion and Nutritional Care
- (e) Occupational fitness

Electives

- (f) Introduction to Basic Nutrition
- (g) Computer application in Fitness and Nutrition
- (h) Fitness and Wellness

5. Scheme of Examination:

Theory written examination will be conducted by the University – 100 marks for each paper.

6. Question Pattern:

5 Question (a) or (b) – each question carry 20 marks.

Int 25 Ext 75

SUBJECT CODE	PAPER	PASS	TOTAL
81101	Effect of Exercise on Various Systems <u>II</u> ✓	50	100
81102	Cardio Respiratory Muscular Fitness <u>I</u>	50	100
81103	Exercise Prescription for Special Population <u>III</u>	50	100
81104	Health Promotion and Nutritional Care <u>V</u>	50	100
81105	Occupational fitness <u>IV</u>	50	100
ELECTIVES			
81106(a)	Introduction to Basic Nutrition	50	100
81106(b)	Computer application in Fitness and Nutrition	50	100
81106(c)	Fitness and Wellness	50	100
PRACTICALS			
81107	Fitness and Nutrition	50	100
Total		350	700

*Minimum pass marks 50.

P G DIPLOMA – FITNESS AND NUTRITION**SUBJECT CODE -81101****EFFECT OF EXERCISE ON VARIOUS SYSTEMS****Unit- I:**

Exercise and cardiovascular system- Changes in heart rate- Stroke Volume- Cardiac output- Changes in blood.

Unit- II:

Exercise and respiratory system- Changes in inspiration and Expiration- Lung volumes and capacities- Changes in ventilation.

Unit- III:

Training and muscular system – muscle adaptation during training-hypertrophy-muscle tone-coordination- sensory receptors.

Unit- IV

Exercise and nervous system- Training adaptation to nervous system – motor unit-screening and facilitation process-decision making process- controlling other activities during exercise.

Unit-V:

Exercise and endocrine system- Different glands- Secretion of different hormones- Pituitary hormones- Adrenal medullary and cortical hormones- Pancreatic hormones- Thyroid hormones.

Reference Books:

1. McArdle, William D, Frank I. Katch, Victor L Katch, (2005) "Essentials of Exercise Physiology", Philadelphia : Lea and Febiger.
2. Victor L. Katch, Frank I. Katch, William D. McArdle, (1996), "Exercise physiology", Williams and Wilkins.
3. William E. Garrett J.R. , Donald T. Kirendall, (2000), "Exercise and sports science", Lippincott Williams and Wilkins.
4. Greg McLatchie, Mark Harries, Clyde Williams, John King, (2003), "ABC of sports medicines", BMJ Books.
5. Roger M. Enoka, (2002), "Neuromechanics of human movement", Human Kinetics.
6. Fox Edward et al., (1993), "The Physiological Basis for Exercise and Sports", Kerper Boulevard, Dubuque: Wm. C. Brown Communications, Inc.

SUBJECT CODE -81102**CARDIO RESPIRATORY AND MUSCULAR FITNESS****UNIT I:**

Increasing Cardio respiratory Endurance - Cardio respiratory Endurance, Cardio respiratory Endurance and Wellness, Principles of Conditioning Other Exercise outside rations, Environmental Conditions

Unit II:

Heart and nervous system - location and functional anatomy of the heart, and locate the major arteries and vein, the functional the central and peripheral nervous system, Identify major muscle names and locations

Unit III:

Physiology of Exercise-Physiology of the cardiopulmonary system, the three energy pathway systems, the cardiopulmonary responses to exercise and aerobic training, the four variable to consider when developing a CV training program, Describe basic skeletal muscle anatomy and physiology, Describe strength training guidelines

UNIT IV:

Building Muscular Strength And Endurance-Health Benefits of Resistance Training, Anaerobic Exercise, Muscular Strength, Muscular Contractions and Resistance Training-Principles of Resistance Training, Muscular Endurance, Ergogenic Aids, Keeping a Daily Training Log

Unit V:

Muscular Strength and Endurance -Benefits of strength training, biomechanical and physiological factors that affect strength, demonstrate the relationship between muscular strength and endurance, and demonstrate guidelines and considerations for effective strength Training.

Reference Books

1. McArdle, William D, Frank I. Katch, Victor L Katch, (2005) "Essentials of Exercise Physiology", Philadelphia : Lea and Febiger.
2. Victor L. Katch, Frank I. Katch, William D. McArdle, (1996), "Exercise physiology", Williams and Wilkins.
3. William E. Garrett J.R. , Donald T. Kirendall, (2000), "Exercise and sports science", Lippincott Williams and Wilkins.
4. Greg McLatchie, Mark Harries, Clyde Williams, John King, (2003), "ABC of sports medicines", BMJ Books.
5. Roger M. Enoka, (2002), "Neuromechanics of human movement", Human kinetics.
6. Fox Edward et al., (1993), "The Physiological Basis for Exercise and Sports", Kerper Boulevard, Dubuque: Wm.C. Brown Communications, Inc.
7. Lorry G. Shaver (1981). "Essentials Of Exercise Physiology" Delhi: Surjeeth Publications.

SUBJECT CODE -81103
EXERCISE PRESCRIPTION FOR SPECIAL POPULATION

Unit I:

Definition of Diabetes Mellitus – Prevalence of DM – Etiology of DM – Types of DM – Signs and Symptoms of DM – Prevention of DM – Exercise prescription for DM.

Unit II:

Definition of Hypertension – Prevalence of Hypertension – Etiology of hypertension – Types of hypertension – Signs and Symptoms and complications of hypertension – Prevention of hypertension – Exercise prescription for Hypertension.

Unit III:

Definition of obesity – Prevalence of obesity – Etiology of obesity – Types of obesity – Signs and symptoms of obesity – Prevention of obesity – Exercise prescription for obesity.

Unit IV:

Definition of Hypercholestermia and Coronary Heart Disease (CHD) – Prevalence of Hypercholestermia and CHD – Etiology of Hypercholestermia and CHD – Sign and symptoms of Hypercholestermia and CHD – Prevention of Hypercholestermia for CHD – Exercise prescription and Hypercholestermia for CHD.

Unit V:

Definition of Cancer and AIDS - Prevalence – Etiology – Signs and Symptoms – Prevention – Exercise Prescription for cancer and AIDS

Reference Books:

1. Greg Mclatchie, Mark harries, Clyde Williams, John king, (2003), “ABC of sports medicines”, BMJ Books.
2. Roger M.Enoka, (2002), “ Neuromechanics of human movement”, Human kinetics.
3. Kelli McCormack Brown, David Q.Thomas, Jerome E.Kotecki, (2002), “Physical activity and health an interactive approach”, Jones and Bartlett Publishers.
4. Barbara herlihy, Nancy K.Maebius, Caithin Duckwall,(2003), “The human body in health and illness”, Saunders
5. Kate woolf- may, Steve Bird, Polly Davey, Jane Fallows, (2006), “Exercise prescription physiological foundations”, Churchill living stone.
6. Gordon Edlin, Eric golanty(2004), “Health and wellness”, Jones and Bartlett Publishers.
7. K.Lee lerner, Brenda wilmoth lerner, (2007), “World of sports science”, Thomson.

SUBJECT CODE -81104

HEALTH PROMOTION AND NUTRITIONAL CARE

Unit I:

Historical Review of Exercise and Fitness – Future Challenges – Strategies for increasing physical activity in India – The wellness revolution all over the world – Definition of Physical activity, exercise and physical fitness – cardio respiratory endurance - Body composition and musculoskeletal fitness.

Unit-II:

The acute and chronic effects of physical activity, Effect of exercise on heart rate, stroke volume, and cardiac output – Major Cardio respiratory changes from exercise training when at rest.

Unit-III:

Benefits of musculoskeletal fitness – strategies for increasing physical activity in India – Physical Activity and Ageing, Statistics and trends, Ageing process, Health habits and ageing, physical activity and life expectancy.

Unit-IV:

Assessment of Nutritional status - Principles of Menu planning - Nutritional deficiencies – Nutritional needs for various ages-Recommended dietary allowances.

Unit-V:

Food toxins– food contamination – Pesticides, food borne illness, safe food handling parasitic infestation – vegetarian of diet – Principles of planning types – vegan food behavior advantages of vegetarian diet – Non nutritive foods – Weight management.

Books Reference:

1. Robert E.C.Wildman, Barry S. Miller, (2004), "Sports and fitness Nutrition", Thomson.
2. Heather Hedrick fink, Lisa A.Burgoon, Alan E.Mikesky, (2006), "Practical application in sports nutrition", Jones and Bartlett.
3. McArdle D.William (2005), "Exercise Physiology Energy Nutrition and Human Performance", (2ND ED) Philadelphia : Lea and Febiger.
4. Janice Thompson, Melinda Manore, (2005), "Nutrition: An applied approach", Pearson.
5. William D.Mcardle, Frank I.Katch, Victor L.Katch, (2000), "Essentials of exercise physiology", Lippincott Williams and wilkins.
6. William E.Garrett J.R. , Donald T.Kirendall, (2000), "Exercise and sports science", Lippincott Williams and wilkins.
7. Greg Mclatchie, Mark harries, Clyde Williams, John king, (2003), "ABC of sports medicines", BMJ Books.

SUBJECT CODE -81105**OCCUPATIONAL FITNESS****Unit: I-**

Physical activity and heart disease, definition of heart disease, coronary heart disease, stroke, warning signals and risk factors for heart disease, arteriosclerosis and exercise. hypercholesterolaemia, lipoproteins and their formation and exercise, lifestyle factors and exercise in the prevention of heart disease.

Unit:II-

Physical activity and psychological health, meaning of stress, stress management principles, physical activity and stress, exercise addiction, mood disturbance and sleep disruption, effect of exercise on sleep, controlled studies on exercise and stress, self esteem cognition and exercise.

Unit: III -

Worksite health promotion and fitness activities, benefits of worksite programmes, impact of exercise on absenteeism, impact of medical and health care costs, cost-benefit of worksite exercise programmes, future growth predicted for worksite health programs.

Unit: IV-

Women and exercise, exercise and menstruation, changes in body composition, exercise during pregnancy, Effect of weight training and osteoporosis, medico legal aspects of exercise and injuries.

Unit:V-

Physical activity and ageing, statistics and trends, ageing process, health habits and ageing, exercise and ageing, Vo2 max and ageing, physical training by the elderly, cardio respiratory, muscular strength and resistance training, body composition changes, physical activity and life expectancy.

Reference Books:

1. Greg Mclatchie, Mark harries, Clyde Williams, John king, (2003), "ABC of sports medicines", BMJ Books.
2. Roger M.Enoka, (2002), " Neuromechanics of human movement", Human kinetics.
3. Kelli McCormack Brown, David Q.Thomas, Jerome E.Kotecki, (2002), "Physical activity and health an interactive approach", Jones and Bartlett Publishers.
4. Barbara herlihy, Nancy K.Maebius, Caithin Duckwall,(2003), "The human body in health and illness", Saunders
5. Kate woolf- may, Steve Bird, Polly Davey, Jane Fallows, (2006), "Exercise prescription physiological foundations", Churchill living stone.
6. Gordon Edlin, Eric golanty(2004), "Health and wellness", Jones and Bartlett Publishers.
7. K.Lee lerner, Brenda wilmoth lerner, (2007), "World of sports science", Thomson.
8. Macdougel Dencan J Wrenger Howard A.and Green Howard J.(1991) Physiology Testing of the High Performance Athlete,(2nd ed), Illinois: Human Kinetics Books Champaign.

SUBJECT CODE -81106(a) (Elective)
INTRODUCTION TO BASIC NUTRITION

Unit I:

Carbohydrates - Definition, Classification and Types of carbohydrates - Function - Understanding Glycemic Index - Carbohydrate loading - Fuel for exercise - RDA.

Unit II:

Proteins - Definition, Types, Classification, and Importance in body function - Essential & Non essential amino acids - Fate of protein in endurance exercise - Use as organic acid - RDA.

Unit III:

Lipids - Definition, Types, classification -Essential Fatty acids - cholesterol - waxes - Fuels for exercise - Importance and function of fat - RDA.

Unit IV:

Vitamins - Types & classification - Importance in body function - Deficiencies, Sources - Requirement for athletes - Mega doses.

Minerals and trace elements - Importance of Iron, Calcium, Zinc, Chromium, Potassium, Magnesium, Selenium, Manganese - Electrolyte balance - Requirement for athletes - Cramping - Minerals as organic acid.

Unit V:

Fibre - types, classification, and function of fibre -Sources of soluble & insoluble fibre - Recommendations Diets while traveling.

Reference Books:

1. Janice Thompson, Melinda Manore, (2005), "Nutrition: An applied approach", Pearson.
2. Robert E.C.Wildman, Barry S. Miller, (2004), "Sports and fitness Nutrition", Thomson.
3. Heather Hedrick fink, Lisa A.Burgoon, Alan E.Mikesky, (2006), "Practical application in sports nutrition", Jones and Bartlett.
4. McArdle William D. et.al.,(2005)" Exercise Physiology, Nutrition and Human Performance, Philadelphia :lea and Febiger.
5. Mcardle, William D.,Katach, Frank I and Katach, Victor L(2005) "Exercise Physiology", Philadelphia ,lea and Febiger.
6. S.Paul (2007), "A textbook of Bio-Nutrition curing diseases through diet", CBS.
7. Judy A.Driskell, (2007), "Sports nutrition fats and proteins", CRC Press.

SUBJECT CODE -81106(b) (Elective)**COMPUTER APPLICATION IN FITNESS AND NUTRITION****Unit:I**

Introduction to Computer- Definition – Types – of computer – basic parts – Hard Ware – Soft Ware input and output devices – Arithmetic and logic unit – Control unit – C.P.U – Comparison at human being and computer.

Unit:II

Computer memory – Secondary or auxiliary storage – computer language – Assembly language – Machine language – High level language – Binary , octal, hexadecimal number system – Bits, Bytes and words – Complement numbers – complement notation, floating point notation.

Unit:III

Microsoft word – Microsoft excel – Creating document, formatting, editing, deleting, coping etc, statistical application – introduction to database.

Unit:IV

Microsoft power point – preparing a slide – animation – clipart, picture from file – background designing application – introduction and communication.

Unit:V

Internet – introduction – history – uses – connection – worldwide web – usage of internet explorer – search box – Email – outwork express – inbox – outbox – sent time, drafts, sending message, save, print, reply. Forward previous message and next – Chatting.

Reference Books:

1. Abraham Silberchatz, Henry F. Korth and S.Sundarshan,(2002), “ Data Z Base System concepts”, 4th Edition McGraw Hill.
2. Michael Halvorson, Michael.J Young. Microsoft Office XP Inside Out (paper back), Microsoft press.
3. ITL Education Solutions Limited, (2005),” Introduction to Information Technology”, Pearson Education (India).

SUBJECT CODE -81106(c) (Elective)**FITNESS AND WELLNESS****Unit-I:**

Definition and Meaning of Physical Fitness-Physical Fitness - Components of Health Related Physical Fitness and Athletic related Physical Fitness – Factors influencing fitness – Definition and components of wellness – Relationship between fitness, health and Wellness.

Unit-II:

Factors influencing Fitness - Age, Sex, Climate, Diet, Exercise and Training effects of Physical Activity on various systems of the body – Health benefits of Physical Activity – Assessment of Cardio-respiratory Fitness, Musculoskeletal Fitness.

Unit-III:

Prescription for aerobic exercise modes of aerobic exercise – Implementing an aerobic fitness programme – (walk-jog-run) aerobic dancing, rope jumping, treadmill running, Jogging in place stair climbing, stationary bicycling.

Unit-IV:

Prescription for Flexibility - Principles of flexibility Exercise – Types of Flexibility and methods of training – Flexibility exercise for the low back, round shoulders, joggers, runners and various muscles of upper and lower extremities.

Unit-V:

Resistance Training - Meaning – Benefits of resistance training – Terminology used in resistance training,– Principles of exercise prescription Progression – warm-up – cool-down-Types of exercise Strength – Exercise programming for resistance training.

Reference:

1. Franks Don B. et.al (1999) , The Health Fitness Handbook, Human Kinetics.
2. Lindsey Ruth, Corbin B.Charles (2007), Fitness for Life, Human Kinetics.
3. Pollock,Michael.et.al(1998), Health and Fitness Through Physical Activity,New York: McGraw Hill Book Company.
4. Williams H. Melvin (1995), Life time Fitness and Wellness, Brown Publications, Dubuque.
5. Siedentop Daryl, 1994 “Introduction to Physical Education Fitness and Sport”, Mayfield Publishing Company, Mountain view, California.

DDE

**Tamil Nadu Physical Education and Sports University
Chennai-6**

Department of Physical Education

P.G. DIPLOMA IN

FITNESS AND WELLNESS MANAGEMENT

Paper Title		Internal	External	Total
Theory				
Paper - I	Scientific Foundations of Fitness and Wellness	20	80	100
Paper-II	Exercise Testing and Prescription	20	80	100
Paper-III	Fitness Equipments Management	20	80	100
Paper-IV	Applied Kinesiology and Injury Management	20	80	100
Practicals				
Practical – I	Exercise Testing and Prescription	20	80	100
Practical –II	Fitness Equipments Management	20	80	100
Total		120	480	600

Educational Qualification	Any degree recognized by the syndicate of the TNPESU
Stream	Regular/ Part Time/ Summer Sequential
Duration	One year

Paper I
SCIENTIFIC FOUNDATIONS OF FITNESS AND WELLNESS

UNIT - I

Fitness – Health related – Motor skill related Fitness – Components of Health related Fitness: Cardiovascular Endurance – Muscular Strength and Endurance – Flexibility – Body composition Components of Motor skill related Fitness: Reaction Time – Speed – Power- Balance- Agility- Coordination.

UNIT - II

Muscle physiology: - Muscle Micro and Macro structure – Sliding Filament theory – Types of muscle action. Neuro – muscular adaptations of exercise.

UNIT - III

Bio energetics: Biological energy system – Metabolism - Adenosine Triphosphate – Phosphagen systems – Glycolysis – Oxidative systems – substrate depletion and repletion – Limiting factors.

UNIT - IV

Exercise Techniques: - Warm-up – Stretching –Development of Strength, Speed and Endurance – Load Assignment: Volume – Frequency –training.

UNIT - V

Wellness: Components – Physical Fitness – Health Education – Cardiovascular Risk Reduction – safety – Substance Abuse control Smoking cessation – sexuality - Spirituality – Stress management – Cancer prevention – Nutrition.

Reference:

Werner W.K. Hoeger and Sharon A. Hoeger (1990) Fitness and Wellness, Morton Publishing Company, Canada.

Allsen, P.E. J.M.Harrison and B.Vance. Fitness for life: An individualized Approach. Dubuque,IA:Wm.C.Brown,1989.

Hawley. E.T. and Franks B.D. (1977) Health Fitness Instructor's handbook. Third Edition. Human Kinetics, Champaign Illinois.

Paper II
EXERCISE TESTING AND PRESCRIPTION

UNIT – I

Definition of exercise testing- need for exercise testing. Clinical assessment of exercise tolerance. Factors affecting exercise tolerance. Diagnostic purpose exercise testing, Indications, of exercise testing, Conditions that can be excluded, Clinician values of exercise testing.

UNIT – II

The exercise electrocardiogram. The normal and abnormal ECG, The ECG in athletes. Approaches to clinical exercise testing, Protocols in Exercise testing, Indications and contraindications to exercise testing.

UNIT – III

Borg scale for measurement of exercise related symptoms intensities. Coronary heart disease, Causes, prevention and therapy, arteriosclerosis, ischemia Responses to Static exercise, Benefits of exercise training, Special consideration for Prescribing exercise selection and intensity.

UNIT – IV

Diabetes, benefits of regular exercise, Exercise dangers and preventive measures, Dislipoproteinemias and factors associate with it, Ability to exercise, Effects of hypolipidemic treatment of ability to exercise, Effects of exercise on LDL, VLDL and HDL, Obesity and exercise.

UNIT – V

Exercise prescription, the individual approach, the aerobic session, Principles of Condoler Exercise prescription. Frequency, time, mode, of exercise, rate of progression. Principles of Strength training prescription musculoskeletal conditioning, Static stretching, systems of muscular strength and endurance training.

REFERENCES

- JONES, N.L. (1988), Clinical Exercise testing W.B. Saunders Company, Philadelphia.
- SKINNER, J.S. (1988), Exercise Testing and Exercise Prescription for Special Cases.

Paper III
FITNESS EQUIPMENTS MANAGEMENT

UNIT – I

Fitness Centre, Size, Measurements and other facilities, Exercise equipments – usefulness passive exercise machines – vibrating belts, vibrating pads, rollers, electrical stimulators, sauna suits and steam bath.

UNIT – II

Weight Training equipments:, Weight plates - Barbells – dumbbells – Exercise bikes, rowing machines. Skipping ropes, Elastic Strap. Advantage of free weights – advantages of machine systems. Weight lifting barbells and weights power lifting equipments, abdominal board. Push – up plus – steppers – wall – pulley – floor mats, weighted belts.

UNIT – III

Multigym: Weight Machines, Bench press, shoulder press, seated bench press. Lat pull down, leg press, leg extension Heel raise, low pulley – peck duck, Lateral raise, Leg extension leg curl, hip abductor, roman bench, preacher curl Half squat – smith machine – wrist curl abdominal conditioner – specification and purpose of each machine.

UNIT – IV

Treadmill- Steppers – Stair Climbers - Wave Rovers. Bike : Magnetic recumbent, upright and Spin. Cross trainer-Ellipticals.

UNIT – V

Criteria to be followed which selection the equipment – facts about quacks – facts about passive exercise and passive devices – weight belts – nonporous do garments – body wrapping – Elastic tights – vibrating tables and pillows.

REFERENCE:

Hawley. E.T. and Franks B.D. (1977) Health Fitness Instructor's handbook. Third Edition. Human Kinetics, Champaign Illinois.

Lindale J. (1995) Aquatic Fitness Professional Manual. Aquatic Exercise Association, Florida.

Pyke F.S. (1991) Better Coaching – Advanced Coach's Manual. Australian Coaching Council.

Manual, Stex Fitness Equipments.

Paper IV
APPLIED KINESIOLOGY AND INJURY MANAGEMENT

UNIT – I

Definition of the term Kinesiology and Kinetics and Kinematics, Framework of Joints, Types of bones, structure and function of long bones, Bone marrow, Agonist and Antagonist, Role of Fixator and Stabilizer, Role of Synergist and Neutralizer.

UNIT – II

Displacement, Velocity, Acceleration and its relationship for injury, Mass and Inertia, Force, Center of Mass and Center of Gravity, Moment of Force (Torque), Newton's Law of Motion, Equilibrium, work and Power, Momentum, Energy, Friction. Joint mechanics, Joint Mobility and Stability, Lever systems, Joint Motion, Joint reaction forces versus Bone on Bone Forces, Joint Lubrication.

UNIT – III

Criteria for good Posture, Evaluation of Posture, Maintenance posture, Causes of poor Posture, Removing causes, specific defects, and their implication to sports performance, Defects in the axial spine and appendicular skeleton.

UNIT – IV

Injury – Definition – Types of Injury – factors contributing to Injury – Controlling Injury risk – Reducing Injury occurrence – Injuries of Various tissues of Human Body – Prevention & Management of Soft Tissue Injuries – Sprain – Strain – Contusion – Bony Injuries – Fracture, dislocations – skin injuries – Incision, laceration, puncture, Abrasions, Hemorrhage -Blister, callus, corns, Ingrown toenail, plantar wart.

UNIT – V

Environmental injuries – Heat related Injuries – Heat cramps, Heat exhaustion, Heat stroke, Heat syncope. Cold Related Injuries –frostbite frost nip, hypothermia – Common orthopedical injury – Shin splints, Inflammatory reactions of bursa, capsule, synovial membrane, fascia, tendon, muscle, low back ache – First Aid – meaning of First aid – Qualities of First aider. Cardio pulmonary Resuscitation (CPR)

REFERENCE:

Health Fitness – Instructors Hand book – Edward T. Howley B.Don Franks
First aid and emergency care work book – Thygersen – Jones & Balett.
Adult CPR – American Red Cross – mosby
Current Therapy in Sports Medicine – Torg J.S., Welsh P.R. Shepard R.J. Mosby
Hay J.G. & Reid, The Anatomical and Mechanical Basis of Human Motion, Prentice Hall, Inc, USA, 1982.
Uppal A.K. Grey Kumar, L.V.U.Panda, M.M. Bio-Mechanism Physical Educaiton and Exercise Science, Friends Publication, India 2004.
Lutlgenste Hamilton N.Scientific Basis of Human Motion, MCB/McGraw-Hill, Boston, USA, 1997.

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

CHENNAI – 06

Name of the Course	:	PG Diploma in Gym Instructor
Stream	:	Distance Education
Educational Qualification	:	Any Degree
Duration	:	One Year
Medium of Instruction	:	English
Year of Commencement	:	2010 - 2011

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

PG DIPLOMA IN GYM INSTRUCTOR

PAPER I

ANATOMY & PHYSIOLOGY

Unit I:

Introduction to Anatomy and physiology. Cell: Definition – Structure – Cell Organelles : Nucleus – Cytoplasm – Mitochondria – Endoplasmic Reticulum – Ribosomes – Golgi apparatus – Plasma membrane – Lysosomes. Constructional units - cells - tissues - organs – systems. Tissues – Types of tissues – Functions.

Unit II:

Nervous System: Classification of Nervous System: Central nervous system – peripheral Nervous System – Autonomic Nervous System – Structure and Function of brain and spinal cord – Neuron – Reflex Arc – Effects of training on nervous system.

Unit III:

Cardiovascular System – Structure and Functions of heart – Types of Circulation – Cardiac cycle – cardiac output – Blood pressure – pulse – Effects of training on cardiovascular system.

Respiratory System – Respiration – Structure and function of lung – mechanism of breathing – Lung volumes and capacities – Effects of training on respiratory system.

Unit IV:

Musculo skeletal system : Bone – Types of Bone – Functions. Joints – Types of joints – Functions. Muscle – Types of Muscle – Functions – Fatigue – Muscles of Upper Limb – Muscles of Lower limb – Muscles of trunk. Effects of training on Musculo skeletal system.

Unit V

Posture – Components of good posture – Poor posture – Types of posture – Posture correction. Energy systems – CP system – Aerobic energy – Anaerobic energy – Effects of training on energy systems.

Reference:

1. Anthony & Kothoff: Text Book of anatomy and Psychology C.V.Mosby & Co.,
2. Astran Pond K. Rodahl.1986. "Text book of work physiology "New York : Mc.Graw– hill.
3. Evelyn C. Pearce (1986) Anatomy to Physiology fro Nurses. Sixteenth edition Oxford University Press Calcutta.
4. Edward L. Fox, Donald K. Mathews (1981) the Physiology Basis of physical Education and Athletics. CBS College publishing. Third Edition.
5. W.C.Brown Devries , (1986) Physiology of exercise for physical education and athletics , Dubuque, iowa
6. Rasch P.(1989) Kinesiology and applied anatomy . Philadelphia , Lea & Febiger.

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

PAPER II

SCIENTIFIC FOUNDATIONS OF FITNESS AND WELLNESS

UNIT I

Fitness – Definition – Health Related Physical fitness : Cardio respiratory Endurance – Muscle Endurance – Muscle Strength – Flexibility – Body Composition – Skill Related Physical Fitness : Agility – Speed – Balance – Co-ordination – Reaction Time – Power – Proprioception. Benefits of Physical Fitness – Acute and chronic effects of Physical Activity.

UNIT II

Warm up - Types of Warm up: General and Specific Warm up – Benefits of warm up – Cool down – Benefits of Cool down. Flexibility – Types of Flexibility : Static Flexibility – Dynamic Flexibility – Types of Stretching : Active Stretch – Passive Stretch – Static Stretch - ballistic Stretching – PNF Stretch. Benefits of Stretching – Myths of Stretching.

UNIT III

Exercise Prescription – Principles of Exercise Prescription – Cardiovascular Endurance training – Aerobic Exercise – Anaerobic Exercise – Resting Heart Rate- Karoven's Formula – Target Heart Rate – Exercise Programme for beginners, intermediate and advanced population – Benefits of Cardiovascular endurance- Myths of Cardiovascular endurance.

UNIT IV

Resistance Training – Principles of Resistance training – Muscular strength training: intensity – 1RM – Muscular endurance training – Muscle power – core training- benefits of muscular strength and endurance training- Myths of resistance training.

UNIT-V

First aid- principles of first aid- first aid kit- basic life support: air way, breathing, circulation- first aid for emergency situations in a fitness centre- Ethics of fitness trainer-qualities and qualifications of a gym instructor.

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

PAPER III

FITNESS EQUIPMENT MANAGEMENT

UNIT I

Fitness Centre, size, measurement and other facilities, exercise equipments – usefulness passive exercise machines – vibrating belts, vibrating pads, rollers, electrical stimulators, sauna suits and steam bath.

UNIT II

Weight training equipments: weight plates- barbells-dumbbells-exercise bikes, rowing machines. Skipping ropes, elastic strap. Advantages of free weights - advantages of machine weights- Weight lifting barbells and weights, Power lifting barbells and, abdominal board. Push-up plus- steppers, wall pulley, floor mats, weighted belts.

UNIT-III

Multigym: weight machines, bench press, shoulder press, seated bench press. Lat pull down, leg press, leg extension, heel raise, low pulley-peck deck, lateral raise, leg extension, leg curl, hip abductor, roman bench, preacher curl, half squat-smith machine-wrist curl, abdominal conditioner- specification and purpose of each machine.

UNIT-IV

Treadmill-steppers-stair climbers-wave rowers. Bike: magnetic recumbent, upright and spin-elliptical cross trainer- Exercise Cycle.

UNIT-V

Criteria of selecting gym equipments- facts about quacks- facts about passive exercise and passive devices-weight belts- body wrapping-elastic tights-vibrating tables and pillows.

REFERNCES :

1. Hawley ET and Franks BD (1977) Health Fitness Instructor's handbook Third Edition, Human Kinetics, Champaign Illinois.
2. Lindale J (1995) Aquatic Fitness Professional Manual, Aquatic Exercise Association, Florida.
3. Pyke FS (1991) Better Coaching – Advanced Coach's Manual, Australian Coaching Council.

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

PRACTICAL - I

UNIT-I

Cardio vascular endurance assessment- sites of measuring resting heart rate and method of measuring resting heart rate, exercise heart rate and recovery heart rate.

UNIT-II

Muscular strength assessment.

UNIT-III

Muscular endurance assessment.

UNIT-IV

Flexibility assessment.

UNIT-V

Measurement of blood pressure, temperature, respiratory rate.

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

PRACTICAL - II

UNIT-I

Exercise to improve Cardio vascular Endurance

UNIT-II

Exercise to improve muscular strength.

UNIT-III

Exercise to improve muscular endurance.

UNIT-IV

Exercise to improve flexibility

UNIT-V

Basic first aid procedures.



Tamil Nadu Physical Education and Sports University Chennai

(Under Directorate of Distance Education)

Name of the Course	P G Diploma in MDPN
Eligibility	Graduation in any Discipline
Stream	Distance Education Mode
Duration	One Years
Medium	English
Attendance	Minimum 80%
Year	2011-12 onwards
Total Marks	100 per paper (Internal 25 and External 75)

60% and above but less than 75%

1st class

50% and above but less than 60%

Pass/2nd class

Compulsory PCP:

12 days/per year in

two spell

SCHEME OF EXAMINATION

S. no	Name of the Subject	Internal	External	Total
1	Science of Memory	25	75	100
2	Psycho Neurobics	25	75	100
3	Science of Mind	25	75	100
	Practical			
5	Psycho Neurobic Exercises I	25	75	100

P G Diploma in Memory Development and Psycho
Neurobics

PAPER -1

SCIENCE OF MEMORY

Unit 1: Human Mind and Storage of Memory: Human Made Computer v/s Head Top Computer--Its Functions-Relationship with the Operator--Thoughts, Brain Waves and Body Relationship--Soul, Mind and Brain Relationship--Memory Folders or Menu of Sub-Conscious Mind

Unit 2: Formation of Memory: Working Laws of Memory (Law of Belief/Law of Self Preservation/Law of Substitution/Law of Concentrated Attention/Law of Compulsion/Law of Observation/Law of Memory Languages)--Process of Formation of Memory--Stages of Formation of Memory--Language of Formation of Memory

Unit 3: Factors Affecting Memory/Enhancing Memory-- Factors Affecting Registration--Factors Affecting Retention--Factors Affecting Recollection

Unit 4: Memory Development Skills: Mnemonic Techniques of Association--Mnemonic Startegy of Loci System--Link Method--The Story System--The Peg System--Mind Mapping--Mental Filling System--Comprehension Method-Mechanical Method

Unit 5: Application of Memory Techniques--Enhancing Registration--Enhancing Retention--Enhancing Recollection

Book References

- 1.Improve your Memory by BK Chandrasekar (Published by Mahabir Publications)
- 2 Memory, Mind & Body by Biswaroop Roy Chowdhury (published by Diamond publication)

PAPER – II

PSYCHO NEUROBICS

Unit 1: Inner Body-- Types of Inner Body--Chakra system--Meridians--Energy Flow

Unit 2: Disease--What is Disease--Mechanisms and Causes of Diseases

Unit 3: Healing--Levels of Healing--Healing Techniques--Mechanism of Vibrational Healing

Unit 4: Psycho Neurobics--Introduction to the Psycho Neurobics--Types of Psycho Neurobics--Basic Psycho Neurobic Exercise

Unit 5: Advanced Psycho Neurobics--Description of Advanced Psycho Neurobics

Book References: -

1. Invisible doctor by Chandrasekar (Published by Diamond Pocket Books)
2. Science of Mind Simplified by BK Chandrashekar (Published by Diamond Pocket Books)
3. Health in Your Hands by BK Chandrasekar(Published by Mahabir Publications)

PAPER – III

SCIENCE OF MIND

Unit 1: Science of Self: Real self – Journey of the Real Self – Karmic Philosophy -- Soul-Mind-Brain-Body relationship – Subjective Mind – Objective Mind

Unit 2: Science of Mind--Classification of Mind--Mind and Brain Relationship--Functioning of Mind--TEAM of Mind

Unit 3: Thoughts Management--Types of Thoughts--Thoughts Management--Channelization Of Thoughts--Treat Mind as Your Best Friend

Unit 4: Emotions Management--What is Emotion?--Types of Emotions--Emotional Memory--Emotions Management--Emotional Freedom

Unit 5: Self Empowerment--Steps of Self-Empowerment--Thoughts Empowerment--Mind Empowerment--Empowering Intellect--Mastering Mind--Empowering Inner Eco-System--Holistic Development

Book References: -

1. Science of Mind Simplified by BK Chandrashekar (Published by Diamond Pocket Books)
2. Health in Your Hands by BK Chandrasekar(Published by Mahabir Publications)

**PAPER – IV
(PRATICAL)
PSYCHONEUROBIC EXERCISES - I**

Paper-4: Practicals

Unit 1 – Personal Goals--Personal Reasons--Personal Challenges--Personal Tests--Personal Recommendations--Personal Commitments--Personal Progress Reports

Unit 2 – Charts--Chakra Chart--Neurobic Chart--Meridians Chart--Daily Exercise Chart--Psycho Neurobics in Specific Diseases--Psycho Neurobics in Emotional Management

Unit 3 – Pratical Basic Psycho Neurobics

Basic Psycho Neurobics--Purifying Neurobics--Joyful Neurobics--Loveful Neurobics--Peaceful Neurobics--Enlightening Neurobics--Blissful Neurobics--Neurobic Spa

Unit 4 – Practical Advance Psycho Neurobics

Dynamic Psycho Neurobics--Rajyoga Meditation--Out of Body Experience to Soul World--Etheric Body Cleansing--Healing the 5 Elements of the Universe--Distant Healing--Advanced Psycho Neurobics Exercise--Advanced Neurobic Spa--Healing Home & Home Relationships--Healing Work Place & Work Relationships--Divine Cleansing of all 7 Chakras

Unit 5 - Practical Field Study

Personal Healing Project--Guide for your study--Aim of your study--Approach of your study--Sample of Study--Data Collection--Analysis--ANNEXTURE- I--ANNEXTURE- II

References –

1. Invisible doctor by Chandrasekar (Published by Diamond Pocket Books)
2. Science of Mind Simplified by BK Chandrashekar (Published by Diamond Pocket Books)
- 3 Health in your hand by BK Chandrashekhar (Published by Mahabir publishers)

DDE

Tamil Nadu Physical Education and Sports University Chennai-6
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Department of Physical Education

P.G. DIPLOMA IN

OBESITY AND WEIGHT MANAGEMENT

Paper Title		Marks
Paper - I	Body Composition and Health Appraisal	100
Paper-II	Obesity Assessment and Treatment	100
Paper-III	Nutrition and Weight Management	100
Paper-IV	Exercise Prescription for Obesity	100
Total		400

Int / Ext
25 / 75

Educational Qualification	Any degree recognized by the syndicate of the TNPESU
Stream	Distance Education
Duration	One year

I
PAPER I
BODY COMPOSITION AND HEALTH APPRIASAL
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UNIT – I

Basics of Body composition: Definition, Meaning and Need. Methods of measurements- skin fold measurements – Circumference measurements – Body composition Assessment and Report.

UNIT – II

Skin fold measurement techniques: Sites of measurement – Abdomen – Biceps –Calf – Chest – Midaxilla – Sub scapular – Suprailliae – Thigh – Triceps. Calculation of Body percent Fat.

UNIT – III

Measuring circumstancs: Sites – Waist – Hips – Height – Weight – Age – Calculation of Body percent Fat – Assessing and reporting the Results – SUPER Principle – Sensitivity – Understanding – Practically – Accompaniment – Rein forcemeat – establish Desirable body weight. Best way to loose weight – unhealthy approaches to loose weight.

UNIT – IV

Health Appraisal: Evaluating Health Status – Health Status question are ^{ngix} ~~are~~ Fitness testing – Component of Fitness testing – Minimum battery (Rest, Subamariamal, Minimal) – Additional variables.

UNIT V

Fitness program Decisions: - Conditions for Physical Activity Decisions – Medical referral – Supervised and unsupervised program – Fitness Education – Change of Health and / Fitness status.

REFERENCE

- Rick Frey (Ed) Practical Body Composition Guide, Human Kinetics, Canada,1995.
Edward T. Howley B. Don Franks _ Health Fitness Instructors Hand book, Human Kinetics, Canda 2003.

PAPER II

OBESITY ASSESSMENT AND TREATMENT

UNIT – I

Obesity – Introduction – Definition – Epidemiology – Prevalence – Incidence – Sex variance- Etiology of obesity – Psychological correlation – Genesis influence.

UNIT – II

Types of Obesity – Android Obesity: Characteristics & Complications. Gynoid obesity: Characteristics & Complications. Pathophysiology of obesity- Complications of obesity in Child and Women.

UNIT – III

Assessment of obesity – Health related Quality of life assessment -Body composition Assessment – Laboratory methods, field method - Clinical evaluation of obesity.

UNIT – IV

Dietary Intake – Recording & analyzing. Assessment of Physical Activity and Energy expenditure.

UNIT – V

Obesity Treatment & prevention - Medical Management- Medical Nutrition therapy- Physical Activity Treatment- Physical Activity Promotion -Surgical Management - Future trends in obesity management.

REFERENCE

Rick Frey (Ed) Practical Body Composition Guide, Human Kinetics, Canada, 1995.

Werner W.K. Hoeger and Sharon A. Hoeger (1990) Fitness and Wellness, Morton Publishing Company, Canada.

Allsen, P.E. J.M. Harrison and B. Vance. Fitness for life: An individualized Approach. Dubuque, IA: Wm.C. Brown, 1989.

Hawley. E.T. and Franks B.D. (1977) Health Fitness Instructor's handbook. Third Edition. Human Kinetics, Champaign Illinois.

PAPER III

NUTRITION AND WEIGHT MANAGEMENT

UNIT – I

Energy systems – Phosphor Creative System, Lactic acid system, Effect of exercise on energy systems, factors affecting energy systems. Fatigue – role of diet to delay fatigue. Carbohydrate: importance in performance, quantity to be consumed before, during, after exercise, recovery, Carbo loading, Pre event, post event meal.

UNIT – II

Protein: Role in performance- role of BCAA - protein requirement in strength, endurance, athletes on weight loss, bulking up, and effect of exercise on protein requirement, fate of excess protein- supplements.

UNIT – III

Fat – methods to assess fat – Bio-impedance analysis, skin fold measurements, DEXA, under water weighing, Desirable fat percentage, Dangers of low fat.

UNIT – IV

Fluids - osmolality – Hypotonic, hyper tonic, isotonic fluids, dehydration, dangers of dehydration, Sports drinks – composition (glucose, glucose polymer) , intake before, during and after exercise, importance of fluids, Alcohol.

UNIT – V

Weight management – Guidelines to lose weight, calculating energy requirement, Energy expenditure, Lifestyle changes, Gaining weight Female athlete triad, Disordered eating – anorexia nervosa, bulimia nervosa

UNIT – VI

Diets in Diabetes, Hypertension, Hyperlipidemia, Peptic ulcer, Inflammatory bowel disease, constipation, Anemia, underweight, Overweight.

REFERENCE

Judy A Driskell (2005) Sports Nutrition, CRC Press: Oxon

Fink (2004) Practical Application in Sports and Nutrition Jones and Partlett :
Canada

Kauffman (2006) Nutrition in promoting the public health Jones and Partlett :
Canada

PAPER IV

EXERCISE PRESCRIPTION FOR OBESITY

UNIT – I

Exercise Testing – Definition – Need for Exercise Testing. Clinical Assessment of exercise Tokens – Factors affecting exercise Tolerance – Diagnostic use of exercise testing, Indication of exercise testing – clinical values of exercise testing.

UNIT – II

Exercise testing for obesity: Cardiovascular – laboratory amendment – Tread mill, Bicycle & Arm ergo metrics. Body composition – Laboratory amendment – Hydrostatic weighting, bioelectrical impedance..

UNIT – III

Cardiovascular – Field base assessment – Rhythmic bicycle test, 1.5/2 mile run, Body composition – field based assessment – Physical Activity Index, Ceridian Aerobic fitness test, skin folders circumference, and Height & weight body mass index

UNIT IV

Exercise prescription – Need and Importance – Individual approach – Aerobic session – Frequency, time, mode of exercise – rate of progression – musculoskeletal conditioning - Static stretching – Strengthening muscles – Endurance training

UNIT V

Exercise prescription for Obesity: Design of Exercise program – Intensity, frequency, mode rate of programme for obesity – prevention of exercise complications in obesity – resistance training, Circuit Training, Aerobic training. Diet and prescription.

Reference

Skinner J.S.(2000) – Exercise Testing & Exercise prescription W.S. Saunders Company: Canada

Jones N.L (2004)– Clinical testing – W.S. Saunders company, New Delhi

Edward T.Arweley(1999) – Health fitness instructor handbook, CRC Press: Oxon

POST GRADUATE DIPLOMA IN ON FIELD SPORTS INJURY MANAGEMENT

Ordinances

A candidate for the Postgraduate Diploma in On Field Sports Injury Management will pursue his / her studies as Correspondence mode in the Faculty of Allied Health Sciences at Tamil Nadu Physical Education and Sports University, Chennai for one year of study. At the end of the year, examination will be conducted.

Eligibility for Admission:

1. Candidate seeking admission must possess the following basic qualification: - B.P.T / M.P.T with at least 50% marks from any recognized University/ Institute or equivalent or higher degree.
2. The candidate seeking admission to the course shall be medically fit.
3. Every candidate shall pay the fees as prescribed by the authorities at the time of admission.
4. The students admitted to the course shall attend lectures, practical classes as prescribed by the Board of Control.
5. Every candidate shall be required to appear in the written test in various subjects and / or practicals as may be prescribed by the Board of Control.
6. The candidate shall be examined in such theory papers and practical examinations as may be prescribed in the syllabus.
7. The medium of instruction shall be English. The candidate may answer questions in the Examination in English only.
8. All the examination shall be conducted by the examiners appointed on the recommendation of the Board of Studies. The Practical examination will be conducted by Board of Examiners consisting of External Examiner and Internal Examiner.
9. A candidate shall be declared to have passed the examination if he / she obtained not less than 50% of the marks in theory / practical papers separately.

Objectives

The objectives of the examinations in the TNPESU are:

1. To determine the level of competence of Physiotherapists in the theory and practice of on field sports injury care.
2. To provide a standard whereby Physiotherapists may obtain recognition for their specialized knowledge and skills in on field sports injury management.

CURRICULUM

Subject code	Name of the paper	Internal	External	Practical	Total
	BASIC SCIENCES	25	75	-	100
	SPORTS TRAUMATOLOGY	25	75	-	100
	ON FIELD SPORTS INJURY MANAGEMENT	25	75	-	100
	PRACTICAL I	25	-	75	100
	COMPULSORY ON FIELD SPORTS INJURY MANAGEMENT INTERNSHIP (COFSIMI)	-	-	-	100

COFSIMI (Compulsory on Field Sports Injury Management Internship)

A Candidate pursuing PG Diploma in On Field Sports Injury Management should undergo Compulsory On Field Sports Injury Management Internship by serving as On Field Sports Injury Management Therapist for at least **TEN** Indoor or outdoor game events in either TNPESU or their native district School or college or competitive tournaments and should finally submit a draft and certificate from the authorities for the same.

PAPER I - BASIC SCIENCES

UNIT I SPORTS BIOMECHANICS

Biomechanics – Kinesiology - Sports Biomechanics- Definition - Meaning - Scope - Need and importance of Biomechanics & Kinesiology - Branches of Biomechanics - Statics and Dynamics – Force and its characteristics, Classification of force system, Composition and resolution of forces - Friction, impact - elasticity - Principles of Lever - Gravity, Methods of finding centre of gravity - Principles of Equilibrium.

UNIT II KINESIOLOGY

Kinematics-Linear kinematics-Angular kinematics –Kinetics –Linear Kinetics- Angular Kinetics- Motion - type of motion, Distance and speed, Displacement and velocity, Acceleration, Angular distance and Angular displacement, Angular Speed, Angular Velocity, Angular Acceleration, Inertia, mass, weight - Newton's Laws of motion - Units in linear and angular motion - Biomechanical characteristics of Walking- Biomechanical characteristics of Running –Biomechanics of Jumping-Mechanical characteristics of Throwing -biomechanics of pushing and pulling.

UNIT III EXERCISE PHYSIOLOGY

Bioenergetics of exercise : High energy phosphates, Anaerobic and aerobic ATP synthesis, Bioenergetics Control, exercise intensity & substrate utilization, protecting CHO stores, muscle adaptation to endurance training, processes that potentially limit the rate of fat oxidation, regulation of substrate utilization, training - induced increase in FFA oxidization - Basal metabolic and resting metabolic rates and factors affecting them, Classification of Physical Activities by energy expenditure,. Concept of MET, measurement of energy cost of exercise. Respiratory responses to exercise - Cardiovascular responses to exercise- Exercise and Acid Base Balance - Hormonal responses to exercise.

UNIT IV SPORTS NUTRITION

Nutrition : metabolism of Carbohydrate , fats and proteins , vitamin, mineral and water , optimum nutrition for exercise , nutrition for physical performance , pre game meal and Post game meal, carbohydrate loading , glycemic index, food for various athletic events , fluid and energy replacement in prolonged exercise.

UNIT V SPORTS PSYCHOLOGY

Meaning and definition of Sports Psychology – Attention, concentration and perception in sports - Motivational orientation in sports (Athlete's needs of motivation, Motivational inhibitors, Motivational techniques) - Pre-competitive anxiety (Source of PCA, Effect of PCA on performance) - Relaxation Training (Definition, Types of relaxation trainings- Progressive muscle relaxation, Breathing exercises, Transcendental meditation) - Aggression in sports - Management of aggression - Stress Management in Sports - Role of Psychology in Dealing with injuries - Goal setting in sports.

REFERENCES:

1. Paul Grimshaw et.al, Sports & Exercise Biomechanics, Taylor & Francis Group, 2007.
2. Susan J.Hall, Basic Biomechanics, McGraw Hill Education, 2004.
3. Peter McGinnis, Biomechanics of Sport and Exercise, Human Kinetics, 2005.
4. Kathryn Lutgens et al. Kinesiology (Scientific Basis of Human Motion), Brown and Benchmark, 1992.
5. Essentials of Exercise Physiology: McArdle, WD, Katch, FI, and Katch, VL. 2nd edn, Lippincott Williams and Wilkins (2000).
6. Physiology of Sport and Exercise: Wilmore, JH and Costil, DL. Human Kinetics (1994)
7. Exercise Physiology- Human Bioenergetics and its Application: Brooks, GA, Fahey, TD, White, TP. Mayfield Publishing Company (1996)
8. Willmore, JH & Costill, DL (1999) Physiology of Sport and Exercise. 2nd ed. Human Kinetics.
9. Guyton, A.C. Textbook of Medical Physiology (7th Ed.). Philadelphia: Saunders, 1986, pp. 382-386, 472-476.
10. Perspectives in Nutrition (6th ed.) by Wardlaw
11. Nutrition for sport and exercise (2nd ed.) by Berning and Steen Morgan and King:
12. Suinn: Psychology in Sports: Methods and applications, Surjeet Publications.
13. Grafiti: Psychology in contemporary sports, Prentice Hall.
14. Sanjiv P. Sahni: Handbook of Sports Psychology – A comprehensive manual of Mental Training.

PAPER II – SPORTS TRAUMATOLOGY

UNIT I INTRODUCTION TO SPORTS INJURIES

Sports injuries – Types of Injuries – Definition, Causes, Clinical Features, Management and Prevention of Soft Tissue Injuries: Skin Injuries – strain – Sprain – contusion – cramp- Tendon injuries – Bursitis. Bone injuries: Fracture – Subluxation –Dislocation. Importance of assessment & evaluation - Methods of evaluation - documentation - Clinical Examination - Reliability & Validity of the tests - Investigative Procedures - Causes & Mechanism of Sports Injuries - Principle of management of sports injuries.

UNIT II EVALUATION OF PHYSICAL FITNESS

Evaluation of Physical Fitness: Assessment of components of physical fitness including functional tests: muscle strength, flexibility, agility, balance, co-ordination, sensory deficits, cardio-pulmonary endurance. Sports-Specific evaluation and criteria for return to sport.

UNIT III REGIONAL CONDITIONS & ASSESSMENT

Sporting emergencies & Head and neck, face, abdominal injuries - Examination of upper Extremity - Common acute and overuse injuries of upper extremities with respect to causation, prevention and management) of: Shoulder girdle, shoulder, arm, elbow Forearm, wrist and hand - Assessment of vertebral column: Cervical, thoracic and lumbosacral including Tests of Neural Tension Common sports injuries of spine with respect to causation, prevention and management - Examination of lower limb - Common acute and overuse injuries of lower Extremity with respect to causation, prevention and management) of: Pelvis, hip, thigh, knee, leg, ankle and foot

UNIT IV SPORTS SPECIFIC INJURIES

Sports specific injuries, with special emphasis on the specific risk factor, nature of Sports, kind of medical intervention anticipated and prevention with respect to various sporting events

- a. Individual events: Field & Track
- b. Team events: Hockey, Cricket, and Football
- c. Contact and Non-contact sports
- d. Water sports

UNIT – V HEALTH ISSUES IN SPORTS

Health issues in climatic conditions : Heat related injuries – Heat stroke – Heat exhaustion – Heat Cramp – Heat Stress – Cold related injuries – Frostbite – Hypothermia – Altitude Sickness.

REFERENCES:

1. Norkin & White: Measurement of Joint Motion – A Guide to Goniometry - F.A.Davis.
2. Dvir: Isokinetics: Muscle Testing, Interpretation and Clinical Applications, W.B.Saunders.
3. Reed: Sports Injuries – Assessment and Rehabilitation, W.B. Saunders.
4. Lillegard, Butcher & Rucker: Handbook of Sports Medicine: A symptom – Oriented Approach, Butterworth & Heinemann
5. Baker: The Hughston Clinic Sports Medicine Book, Williams & Wilkins
6. Morris B. Mellion: Office Sports Medicine, Hanley & Belfus.
7. Richard B. Birrer: Sports Medicine for the primary care Physician, CRC Press.
8. Torg, Welsh & Shephard: Current Therapy in Sports Medicine III - Mosby.
9. Zulunga et al: Sports Physiotherapy, W.B. Saunders.
10. Brukner and Khan: Clinical Sports Medicine, McGraw Hill.
11. Gould: Orthopaedic Sports Physical Therapy, Mosby.
12. C. Norris: Sports Injuries – Diagnosis and Management for Physiotherapists, Heinmann.
13. D. Kulund: The Injured Athlete, Lippincott.
14. Nicholas Hershman: Vol. I The Upper Extremity in Sports Medicine.
Vol. II The Lower Extremity and Spine in Sports Medicine.
Vol. III The Lower Extremity and Spine in Sports Medicine.
Mosby.
15. Lee & Dress: Orthopaedic Sports Medicine - W.B Saunders.
16. Fu and Stone: Sports Injuries: Mechanism, Prevention and Treatment, Williams andWilkins.
17. Scuderi, McCann, Bruno: Sports Medicine – Principles of Primary Care, Mosby.
18. Lars Peterson and Per Renstron: Sports Injuries – Their prevention and treatment,Dunitz.

PAPER III – ON FIELD SPORTS INJURY MANAGEMENT

UNIT I PREPARTICIPATION SCREENING

Essentials – Objectives – Prospective Athlete: Prepubescent Athlete – Pubescent athlete – Post pubescent/Young adult athlete – Adult athlete – Elderly athlete. Contemplated exercise programme – Motivation – Implementation – Frequency – Timing – History – Physical examination – Laboratory Examination – Additional Screening procedures – Assessment – Injury prediction – Determination of clearance.

UNIT II SUPPLEMENTS, PROTECTIVE EQUIPMENTS, ERGOGENIC AIDS & DOPING

Supplements: Creatine – Prohormones - Beta-hydroxy-beta-methylbutyrate – Alpha agonists – Caffeine. Protective Equipments: Different types of Equipments and its importance. Ergogenic aids & Doping: Anabolic-androgenic steroids – Human growth hormone – Erythropoietin – Alcohol – Marijuana – Cocaine – Methamphetamine. WADA's list of prohibited substances and methods

UNIT III COVERING ATHLETIC COMPETITION

The Sports medicine team – Role of Physiotherapist, Team physician, Coach, Emergency medical services – Recommended Equipments – The Medical Bag & Sideline supplies – Recommended Medications – Preparation for sideline coverage: Preseason preparation checklist – Game day preparation checklist- timing - Special Sports coverage settings : International events – Mass preparation events.

UNIT IV ON FIELD EMERGENCY AND MANAGEMENT

Onsite management of the collapsed athlete triage - The primary abcd survey : airway and cervical spine – breathing – circulation – defibrillation – the glasgow coma scale – Secondary abcd survey – Potential causes of on field emergencies - system evaluation : Head and neck : Brain injury – Intracranial haemorrhage – Epidural Haematoma – Subdural haematoma – subarchanoid haematoma – Intracerebral haematoma. Cervical spine fractures / dislocations – Laryngeal fracture – Cardiac emergencies – Respiratory emergencies – Orthopaedic conditions: Posterior Sternoclavicular dislocation – Fat embolism – Hip dislocation – Knee dislocation – Environmental emergencies. Emergency protocols: Medical

event coverage – Emergency communication – Emergency equipment and supplies – Transportation – Written policies and procedures.

UNIT V PHYSIOTHERAPY TECHNIQUES

Principles of Injury prevention: Warm up – Cool down – Stretching – Types of stretching – Principles of stretching. PRICE technique – Immobilization and Early mobilisation – Splinting – Handling & Transfer - Cryotherapy: Methods of application (Ice packs, Ice towel, Ice Immersion, Ice cube massage, Excitatory cold, Vapocoolant spray, cryokinetics & Cold whirlpool) - Taping and Bracing - Soft tissue Massage – Trigger point release – Muscle energy techniques – Manual therapy

REFERENCES:

1. Brukner and KarimKhan: Clinical Sports Medicine, McGraw Hill.
2. McKeag, Douglas B. Moeller, James L:ACSM's Primary Care Sports Medicine, 2nd Edition, Lippincott Williams & Wilkins
3. Darren Johnson and scott Mair: Clinical Sports Medicine, 1st ed, Mosby
4. Reed: Sports Injuries – Assessment and Rehabilitation, W.B. Saunders.
5. Lillegard, Butcher & Rucker: Handbook of Sports Medicine: A symptom – Oriented Approach, Butterworth & Heinemann
6. Baker: The Hughston Clinic Sports Medicine Book, Williams & Wilkins
7. Morris B. Mellion: Office Sports Medicine, Hanley & Belfus.
8. Richard B. Birrer: Sports Medicine for the primary care Physician, CRC Press.
9. Torg, Welsh & Shephard: Current Therapy in Sports Medicine III - Mosby.
10. Zulunga et al: Sports Physiotherapy, W.B. Saunders.
11. Gould: Orthopaedic Sports Physical Therapy, Mosby.
12. C. Norris: Sports Injuries – Diagnosis and Management for Physiotherapists, Heinmann.

PRACTICALS I

UNIT I

PRICE TECHNIQUE, HANDLING & TRANSFER

UNITII

TAPING & BRACING for important injuries.

UNIT III

CRYOTHERAPY, SOFT TISSUE MASSAGE, STRETCHING

UNIT IV

TRIGGER POINT RELEASE, MUSCLE ENERGY TECHNIQUES

UNIT V

CARDIO PULMONARY RESUSTICATION

REFERENCES:

1. Brukner and KarimKhan: Clinical Sports Medicine, McGraw Hill.
2. McKeag, Douglas B. Moeller, James L:ACSM's Primary Care Sports Medicine, 2nd Edition, Lippincott Williams & Wilkins
3. Darren Johnson and scott Mair: Clinical Sports Medicine, 1st ed, Mosby
4. Reed: Sports Injuries – Assessment and Rehabilitation, W.B. Saunders.
5. Lillegard, Butcher & Rucker: Handbook of Sports Medicine: A symptom – Oriented Approach, Butterworth & Heinemann
6. Baker: The Hughston Clinic Sports Medicine Book, Williams & Wilkins
7. Morris B. Mellion: Office Sports Medicine, Hanley & Belfus.
8. Richard B. Birrer: Sports Medicine for the primary care Physician, CRC Press.
9. Torg, Welsh & Shephard: Current Therapy in Sports Medicine III - Mosby.
10. Zulunga et al: Sports Physiotherapy, W.B. Saunders

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Chennai

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

Name of the course	PG Diploma in Pancha Karma Therapy
Eligibility	Any UG Degree
Stream	Distance Education
Duration	One Year
Medium	English
Attendance	Minimum 80%
Year	2014 – 15 onwards

PG Diploma in Pancha Karma Therapy (DDE)
SCHEME OF EXAMINATIONS
MARK DISTRIBUTION

TITLE	INTERNAL MARKS	EXTERNAL MARKS	MAX MARKS
Basic Theory of Ayurveda	25	75	100
Introduction to yogic Anatomy, Physiology and Psychology	25	75	100
Pancha karma Therapy	25	75	100
Yoga Therapy	25	75	100
Pancha karma and yoga Practical	25	75	100
Clinical Practice in Pancha karma <i>and yoga</i>	25	75	100
Village Placement Programme (VVP)	100	--	100
TOTAL MARKS			700

Syllabus
P.G . DIPLOMA IN PANCHAKARMA THERAPY

PART - I : THEORY

PAPER – 1 : BASIC THEORY OF AYURVEDA

Unit -1 History of ayurveda

History of Development of Ayurveda in India -Decent of Ayurveda-chronology of ayurveda according to different schools. Introduction of authors of classical texts during Samhita kala and their contribution especially Atreya- Dhanwantri-Kashyapa, Agnivesha,-Sushruta -Bhela- Harita, Charaka, Dridhbala, Vagbhatta, Nagarjuna, Jivaka – introduction and contribution.

Unit -2 Creation of the Universe

Definition and lakshana of ayu, composition of ayu; definition and lakshana of Ayurveda; definition and types of siddhanta; introduction of basic principles of Ayurveda and their significance -Panchamahabhuta-fundamental principles of Ayurvediya Kriya Sharir

Unit -3 Concept of Diseases in Ayurveda

introduction of eight branches of ayurveda and concerned renowned texts. Conceptual study of fundamental principles of Ayurvediya Kriya Sharir e.g. Panchamahabhuta, Tridosha, Triguna, Loka-Purusha Samya, Samanya Vishesh, Rasa-Virya-Vipaka etc. Description of Basics of Srotasas.

Unit -4 Tridoshas - Dhatu - Malas

General introduction, definition and criteria of dhatu Manasa-Prakriti – classification, characteristics clinical significance. Mala - Vyutpatti, Nirukti of term 'mala'

Unit -5 Healthy Living (Dinacharya / Ratricharya / Ritucharaya)

Abhyanga, Vyayama, udvartana, sadvritam, dasavidhapapa Karma Name of shadritus, their division into uttarayana & dakshinayana, concept of ritusandhi, precautions in ritusandhi-Dinacharya- Ratricharya - Ritucharaya

Reference Books

- 1 Charak Samhita with commentary of Ayurveda Dipika by Chakrapanidatta & Jalpakalpa taruby Gangadhara Agnivesha
- 2 Sushruta Samhita with the Nibhandha Samgraha commentary of Dalhana & Nyayachandrika panjika of Gayadasa on nidanstana Sushruta
- 3 Ashtang Hridaya with Sarvanga sundara & Ayurveda rasayana commentaries Vagbhata
- 4 Ayurvediya Panchakarma chikitsa Dr Mukundilal Dwivedi
- 5 Panchakarma Vigyan Dr Haridas Shreedhar Kasture
- 6 Illustrated Panchakarma Dr.G Srinivasa Acharya
- 7 Clinical Panchakarma (English) Dr. P.Yadaiah

References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
4. Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda, Haridwar: Divya Prakashan
5. Frawley David and Sandra Summerfield kozak (2011) Yoga for your type New Delhi: New Age Books,
6. Vasaht Dattatray Lad (2007) Secrets of the pulse The Ancient art of Ayurvedic Pulse Diagnosis Delhi: Motilal Banarsidass Publishers Pvt.Ltd
7. Ashwini yogi (2011) Sanatan Kriya. The Ageless Dimension. New Delhi: Dhyana Foundation
8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books
9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vedmata Gayathri trust
12. Thirunarayanam (2012) Introduction to Siddha Medicine, Chennai: centre for Traditional Medicine and Research
13. Bakhru (2011) The complete Hand book of Nature cure, Mumbai: Jaico publishing House
14. Gala DR, Dhiren Gala and Sanjay gala (2008) Nature cure for common diseases, Ahmadabad: Navneet publications (India) Ltd.,
15. Murthy Chidananda (2010) yogic and naturopathic treatment for common ailments, New Delhi: Central council for research in Yoga and Naturopathy
16. Basavaraddi Ishwar (2012) Important therapeutic modalities used in Naturopathy, New Delhi. Central council for Research in Yoga & Natruopathy,
17. Murthy Chidananda(2011) Yoga and Naturopathy New Delhi: central council for Research in yoga and Naturopathy.

Paper 2 °
Introduction to Yogic Anatomy, Physiology and Psychology

UNIT 1 – Textual reference

- The holistic approach – Panca Maya model as detailed in Taittreya Upanisad
- Anna maya
- Prana maya
- Mano Maya
- Vignana maya
- Ananda maya

UNIT 2 – Yogic Anatomy

- Panca Kosa model
- Tri-sarira model
- Sapta dhatu model

UNIT 3 – Yogic Physiology

- Panca Prana
- Nadis
- Cakra model
- Agni and Ama model.

UNIT 4 – Yogic Psychology

- Yogic psychology – different parts of mind, different states of mind, and different activities of mind.
- Super consciousness
- Relationship of yoga and psychology
- Powers of mind and unfolding the powers of the mind including consciousness and Sub-consciousness.
- Psychological Disorders – Neurosis, Psychosis, Personality Disorders

UNIT 5 – Therapeutic application of yogic Anatomy, Physiology and Psychology

- Assessment of imbalance at anatomical level
- Assessment of imbalance at physiological level
- Assessment of imbalance at psychological level
- Yogic practice and techniques to balance the imbalances

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 Publsihers.
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. Evelyn C peace (1997) Anatomy & Physiology for Nurses, New Delhi : Jaypee Brothers.
12. Gore M.M. (2003) Anatomy & Physiology for yogic practices , Lonavala : KamhanPrakshan.

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1. Kamlesh,M.L.(1988)Psychology in physical Education and sports, New Delhi : Metropolitan.
2. Elangovan .R.,(2001) Udarkalvi Ulaviyal, Thirunelveli : Aswin Publications.
3. Gita Mathew, (1997) Sports Psychology , Shejin and Shiju Brothers, Karaikudi
4. Gidr,et al., (1989) Psychology , Glenview: scott foresman and company.
5. Bringle Robert etal., (1981) understanding psychology, New York: Random House School Division New York.
6. Rishi Vivekananda (2006) practical yoga psychology, Munger : Yoga publications Trust
7. Abhedananda Swami (2002) yoga Psychology , Kolkatta : Ramakrishna Vedanta math.
8. Mangal S.K. (1991) ,Psychological Foundations of Education, Ludiana : Prakash Brothers.

PAPER – 3 : PANCHAKARMA *Therapy*

Unit -1 Introduction to Panchakarma - Wellness

Poorva karma- Snehana- Swedana & Pancha karma- Vaman: therapeutic vomiting or emesis- Virechan: purgation- Basti: enema- Nasya: elimination of toxins through the nose- Raktamoksha: detoxification of the blood – kerala Type of Pancha Karma

Unit -2 Physiological Importance of Panchakarma

Physiology - Poorva karma- Snehana- Swedana & Pancha karma- Vaman: therapeutic vomiting or emesis- Virechan: purgation- Basti: enema- Nasya: elimination of toxins through the nose- Raktamoksha: detoxification of the blood Importance of Panchakarma

Susruta the Father of Surgery

Unit -3 Panchakarma and their effects in various diseases

stages of Disease- Scope of Panchakarma in different stages of disease – Requirements of Panchakarma

Unit -4 Massage

TYPES OF MASSAGE – Full Body Massage (Fitness Massage)- Therapeutic Massage- Massage During Pregnancy- Beauty Massage- Massage of Infants KERALA MASSAGE – Uzhichil (Foot Massage)- Pizhichil (Oil poured on Body)- Ela Kizhi (Swedana/ Foementation with Boluses of Leaves)- Podi Kizhi (Swedana with Boluses of Powder)- Njavra Kizhi (Foementation with Special Blouses of cooked Rice)-Sarvanga Dhara (Kashaya/Qil Dhara on Body) etc- Benefits of Massage

Unit -5 Yoga

Meaning and definition of yoga-yogic practices-surya namaskar-Asanas-pranayama- bandhas-mudras- kriyas-meditation- yoga and ayurveda

Reference Books

1. Asana, Pranayama, Mudra, Swamy Satyananda Saraswathi
2. Vivida Vyadhiyome Panchakarma Dr. P. Yadaiah
3. The Panchakarma Treatment of Ayurveda with Kerala Specialties Dr. T.L. Devaraj
4. Panchakarma Therapy Dr. R.H. Singh
5. Principles and practice of vasti Dr. Vasudevan ampoothiri and Dr. L. Mahadevan

References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
4. Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda. Haridwar: Divya Prakashan
5. Frawley David and Sandra Summerfield kozak (2011) Yoga for your type New Delhi: New Age Books,
6. Vasant Dattatray Lad (2007) Secrets of the pulse The Ancient art of Ayurvedic Pulse Diagnosis Delhi: Motilal Banarsidass Publishers Pvt.Ltd
7. Ashwini yogi (2011) Sanatan Kriya. The Ageless Dimension. New Delhi: Dhyana Foundation
8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books
9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vedmata Gayathri trust
12. Thirunarayanam (2012) Introduction to Siddha Medicine, Chennai: centre for Traditional Medicine and Research
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16. Basavaraddi Ishwar (2012) Important therapeutic modalities used in Naturopathy, New Delhi. Central council for Research in Yoga & Natruopathy,
17. Murthy Chidananda(2011) Yoga and Naturopathy New Delhi: central council for Research in yoga and Naturopathy.

YOGA THERAPY

Unit I: History of yoga therapy- Essence and Principles of Yoga therapy- Physiology and pathology in the yoga- Shatras- koshas- doshas- Pancha prana- Assessment- observation- Palpation- Interview- Nadi Pariksha diagnosis- Application of therapeutic yoga practices- Modification- Yogic diet

Unit II: Application of traditional Indian medical systems and therapies:
Ayurveda – Doshas, Dinacharya, Ayurvedic diet, Panchakarma therapy
Siddha – Five elements theory, physical constituents, pathology
Naturopathy- Principles of naturopathy- modalities of naturopathy
Varmam and Thokkanam, Exercise therapy, Cryo therapy, Acupressure, Acupuncture, Chromo therapy, Magnet therapy, Music therapy

Unit III: Therapeutic application of yoga: High blood pressure, Obesity, Diabetes Mellitus, Asthma, Sinusitis, Migraine, Arthritis, Back pain, Thyroid problems, constipation, impotency, infertility, stroke and Epilepsy

Unit IV: Therapeutic application of yoga for psychological disorders:
Neurosis: stress, depression, eating disorders
Psychosis: Schizophrenia, autism, Bipolar disorders, dementia
Personality disorders: Paranoid, histrionic, drug addicts- Smoking, Alcoholism, Gambling

Unit V: Therapeutic application of yoga for the problems of women- Amenorrhea, Dysmenorrhea, menorrhagia, metrorrhagia, Hypomenorrhoea, oligomenorrhoea, polymenorrhoea, leucorrhoea, uterus related problems, miscarriage, pregnancy- Pre and post natal care

REFERENCES

1. Shenmasthanakamini Narendhan et.al (2008) Yoga and pregnancy-Bangalore: Swami Vivekananda Yoga Prakshana.
2. Nagarathna & Nagendra (2008) Yoga for Bronchial Asthma – Bangalore: Swami Vivekananda Yoga Prakshana
3. Nagarathna & Nagendra (2007) Yoga for Digestive Disorders – Bangalore: Swami Vivekananda Yoga Prakshana
4. Sri Kant ss et.al (2008) Yoga for diabetes , Bangalore : Swami Vivekananda Yoga prakshana
5. Nagarathna & Nagendra (2008) Yoga for Hypertension & Heart disease -- Bangalore :Swami Vivekananda Yoga prakshana
6. Nagarathna & Nagendra (2008) Yoga for Arthritis – Bangalore :Swami Vivekananda Yoga prakshana
7. Nagarathna & Nagendra (2008) Yoga for Back Pain – Bangalore :Swami Vivekananda Yoga prakshana
8. Sivapanda Saraswati, (1975), Yogic Theraphy Gawhati, Bramacharya Yogeswar Umachal Yojashram.
9. Dr. O.P Jaggi(2001) , Healing Systems , Delhi Orient paper backs
10. Swami Satyananda Saraswathi (2007) , Yoga and Cardiovascular Management Munger, Yoga Publications Trust.
11. Dr. Swami Shankerdevananda (2007) , Yoga Management of Asthma and Diabetes Munger ,Yoga Publications Trust .
12. Dr. Swami Shankerdevananda (2006) ,The Effect of Yoga on Hypertension, Munger ,Yoga Publications Trust.
13. Swami Kuavalayananda & Dr.S.C.Vinekar(1994), Yogic Theraphy, New Delhi Central Health Education Bureau.
14. Luis S.R Vas(2001) Master approaches to New age alternative therapies , New Delhi Pustak Mahal.
15. Phulgendhra Sinha (1976) Yoga cure for common diseases, Delhi, Orient paperbacks.
16. Joshi(1991) Yoga and Nature Cure theraphy, New Delhi :Sterling Publishers Private Limited.
17. Garde R.K (1984) Yoga Theraphy ,Bombay Taraprevala Sons & Co. Pvt Ltd.
18. Nagarathana R.H.R .Nagendra & Shanmantha Kanmani Narendran (2002) Yoga for common ailments and IAYT for different diseases, Bangalore: Swami Vivekananda Yoga Prakashana.
19. Sundaram Yogacharya(2004) Sundara Yogic Theraphy, Coimbatore: the Yoga Publishing Home.
20. Karmananda Swami (2008) Yogic management of common diseases, Munger :Yoga Publications trust.
21. Nagarathna and Nagendra (2008) Integrated Approach of Yoga therapy for positive health, Bangalore : Swami Vivekananda Yoga Prakashana.

22. Chandrasekaran (2012) yoga therapy, Chennai :
VHF publications.
23. Gore, Varg, Kulkarni and Oak (2008) yoga therapy
for skeletal diseases, Lonarla : Kairalyadharma
24. Stiles Mukunda () Structural yoga therapy,
New Delhi : Goodwill publishing house
25. Mamtara (2012) yoga for back and joint disorders
Mumbai : The yoga Institute
26. Kuralayamela Swami and Vinodan (2011) yogic Therapy
Lonarla : Kairalyadharma

Pancha Karma
13

PART - II : PRACTICAL

PAPER - 5 : PANCHAKARMA AND YOGA- PRACTICAL

Unit -1 Poorva karma

Rog and rogi pariksha, including relevant diagnostic techniques, Koshta pariksha and Agni nirnaya, preparation of the rogi & fixation of dose & Diet

Unit -2 Pradhana karma

Administration of sneha & Anupana, Observation Jiryamana/Jirna/Ajirna/ Asnigdha Lakshanas, Samyak Yoga, Ayoga/Atiyoga Lakshanas, Vyapats & their management according to Ayurveda

Unit -3 Paschata karma (Third stage)

Pariharya vishaya & Parihara Kala Planning of Shodhana. Shamanana and Brumhana Snehan Vidhi Chirakalina Sneha Vyapats and their management

Unit -4 Massage

TYPES OF MASSAGE – Full Body Massage (Fitness Massage)- Therapeutic Massage- Massage During Pregnancy- Beauty Massage- Massage of Infants KERALA MASSAGE – Uzhichil (Foot Massage)- Pizhichil (Oil poured on Body)- Ela Kizhi (Swedana/ Foementation with Boluses of Leaves)- Podi Kizhi (Swedana with Boluses of Powder)- Njavra Kizhi (Foementation with Special Blouses of cooked Rice)-Sarvanga Dhara (Kashaya/Oil Dhara on Body) etc

Unit -5 Yoga

yogic practices-surya namaskar-Asanas- pranayama- bandhas-mudras- kriyas- meditation

Reference Books

1. Relevant portions of Charak Samhita.
2. Pancha Karma Therapy by Prof. R.H. Singh
3. Panch Karma Chikitsa by Dr. H.S. Kasture
4. Kayachikitsa Vol. I by Prof. R.H. Singh
5. Yoga and Yougiki Chikitsa by Prof. R.H. Singh
6. Asana, Pranayama, Mudra, Swamy Satyananda Saraswathi

References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies. Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda. Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
4. Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda. Haridwar: Divya Prakashan
5. Frawley David and Sandra Summerfield kozak (2011) Yoga for your type New Delhi: New Age Books,
6. Vasant Dattatray Lad (2007) Secrets of the pulse The Ancient art of Ayurvedic Pulse Diagnosis Delhi: Motilal Banarsidass Publishers Pvt.Ltd
7. Ashwini yogi (2011) Sanatan Kriya. The Ageless Dimension, New Delhi: Dhyana Foundation
8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books
9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vedmata Gayathri trust
12. Thirunarayanam (2012) Introduction to Siddha Medicine, Chennai: centre for Traditional Medicine and Research
13. Bakhru (2011) The complete Hand book of Nature cure, Mumbai: Jaico publishing House
14. Gala DR, Dhiren Gala and Sanjay gala (2008) Nature cure for common diseases, Ahmadabad: Navneet publications (India) Ltd.,
15. Murthy Chidananda (2010) yogic and naturopathic treatment for common ailments, New Delhi: Central council for research in Yoga and Naturopathy
16. Basavaraddi Ishwar (2012) Important therapeutic modalities used in Naturopathy, New Delhi. Central council for Research in Yoga & Natruopathy,
17. Murthy Chidananda(2011) Yoga and Naturopathy New Delhi: central council for Research in yoga and Naturopathy.

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- Iyenger B.K.S (1976) Light on yoga, London, Unwin paperbacks.
- Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of india.
- Satyanada sarawari swami (2008) Asana, Pranayama, Mudra, Bandha, mungar: Yoga publications trust.
- Iyenger B.K.S (2008) Light on pranayama, New Delhi : Haper Collins publishers India.
- Chandrasekaran k (1999) Sound Health Through Yoga, Sedapatti: Prem kalyan Publications
- Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books.
- Yogeshwaranand saraswathi swami (1975) First steps to higher yoga, Gangothari: Yoga niketan trust.
- Coulter, H David (2001) Anatomy and Hatha yoga, USA: Body and Breath Inc.
- Kirk Martin (2006) Hatha Yoga Illustrated Champaign: Human Kinetics.
- Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama.
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- Kathy Lee Kappmeier and Diane M. Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics.
- Satyananda sarawati Swami (2007) Meditations from thitantras. Murgar: yoga publications Trust.

**Paper V/
Practical II**

clinical practice in Pancha Karma and yoga

PART- 1 INTRODUCTION

Understanding the student

PART-2

Course planning

PART-3

Course delivery which includes instructions, demonstrations, corrections and clarifications.

PART-4

Methodology of assessment of effects of the techniques taught

PART-5

Review and follow up

References

1. Translated by TKV Desikachar, 'Patanjali's Yoga Sutra', 1987, Chennai, KYM publications
2. Translated by TKV Desikachar, 'Nathamuni's Yoga Rahasya', 1998, Chennai, KYM publications
3. TKV Desikachar, 'The Heart of Yoga', 2000, USA, Inner Traditions
8. 'Davidson's principles and practice of medicine', Nicki R Colledge, Elsevier
9. 'Harrison's principles of internal medicine', Anthony S. Fauci, The McGraw Hill Companies
10. 'The complete Illustrated guide to Ayurveda', Gopi Warriar and Deepika Gunawant, Element Books Ltd.
11. Translated by TKV Desikachar, 'Nathamuni's Yoga Rahasya', 1998, Chennai, KYM publications
11. Translated by TKV Desikachar, 'Patanjali's Yoga Sutra', 1987, Chennai, KYM publications
12. Translated by TKV Desikachar, 'Nathamuni's Yoga Rahasya', 1998, Chennai, KYM publications
13. 'The complete Illustrated guide to Ayurveda', Gopi Warriar and Deepika Gunawant, Element Books Ltd.

References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
4. Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda, Haridwar: Divya Prakashan
5. Frawley David and Sandra Summerfield kozak (2011) Yoga for your type New Delhi: New Age Books,
6. Vasant Dattatray Lad (2007) Secrets of the pulse The Ancient art of Ayurvedic Pulse Diagnosis Delhi: Motilal Banarsidass Publishers Pvt.Ltd
7. Ashwini yogi (2011) Sanatan Kriya. The Ageless Dimension, New Delhi: Dhyan Foundation
8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books
9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vedmata Gayathri trust
12. Thirunarayanam (2012) Introduction to Siddha Medicine, Chennai: centre for Traditional Medicine and Research
13. Bakhru (2011) The complete Hand book of Nature cure, Mumbai: Jaico publishing House
14. Gala DR, Dhiren Gala and Sanjay gala (2008) Nature cure for common diseases, Ahmadabad: Navneet publications (India) Ltd.,
15. Murthy Chidananda (2010) yogic and naturopathic treatment for common ailments, New Delhi: Central council for research in Yoga and Naturopathy
16. Basavaraddi Ishwar (2012) Important therapeutic modalities used in Naturopathy, New Delhi. Central council for Research in Yoga & Natruopathy,
17. Murthy Chidananda(2011) Yoga and Naturopathy New Delhi: central council for Research in yoga and Naturopathy.

Paper VII
VILLAGE PLACEMENT PROGRAMME

Duration : Five days
Date : During Semester
Mode of Evaluation : Internal Assessment
Maximum Marks : 100.
Subject : Yoga
Nature of Programme : to teach and train villagers.

POST GRADUATE DIPLOMA IN SPORTS FIRST AID

Ordinances

A candidate for the Postgraduate Diploma in Sports First Aid will pursue his / her studies as Correspondence mode in the Faculty of Allied Health Sciences at Tamil Nadu Physical Education and Sports University, Chennai for one year of study. At the end of the year, examination will be conducted.

Eligibility for Admission:

1. Candidate seeking admission must possess the following basic qualification: -
Degree in Physical Education / Coaching / Allied Health Sciences with at least 50% marks from any recognized University/ Institute or equivalent or higher degree.
2. The candidate seeking admission to the course shall be medically fit.
3. Every candidate shall pay the fees as prescribed by the authorities at the time of admission.
4. The students admitted to the course shall attend lectures, practical classes as prescribed by the Board of Control.
5. Every candidate shall be required to appear in the written test in various subjects and / or practicals as may be prescribed by the Board of Control.
6. The candidate shall be examined in such theory papers and practical examinations as may be prescribed in the syllabus.
7. The medium of instruction shall be English. The candidate may answer questions in the Examination in English only.
8. All the examination shall be conducted by the examiners appointed on the recommendation of the Board of Studies. The Practical examination will be conducted by Board of Examiners consisting of External Examiner and Internal Examiner.
9. A candidate shall be declared to have passed the examination if he / she obtained not less than 50% of the marks in theory / practical papers separately.

Objectives

The objectives of the examinations in the TNPESU are:

1. To determine the level of competence of Sports Professionals in the theory and practice of First aid in sports injury care.
2. To provide a standard whereby Sports Professionals may obtain recognition for their specialized knowledge and skills in sports injury first aid management.

CURRICULUM

Subject code	Name of the paper	Internal	External	Practical	Total
	ANATOMY AND PHYSIOLOGY	25	75	-	100
	COMMON SPORTS INJURIES	25	75	-	100
	FIRST AID IN SPORTS INJURIES	25	75	-	100
	PRACTICAL I	25	-	75	100

PAPER I ANATOMY AND PHYSIOLOGY

Unit I:

Introduction to Anatomy and physiology. Cell: Definition – Structure – Cell Organelles : Nucleus – Cytoplasm – Mitochondria – Endoplasmic Reticulum – Ribosomes – Golgi apparatus – Plasma membrane – Peroxisomes – Lysosomes. Constructional units - cells - tissues - organs – systems. Tissues – Types of tissues – Functions.

Unit II:

Nervous System: Classification of Nervous System: Central nervous system – peripheral Nervous System – Autonomic Nervous System – Structure and Function of brain and spinal cord – Neuron – Reflex Arc. Musculo skeletal system : Bone – Types of Bone – Functions. Joints – Types of joints – Functions. Muscle – Types of Muscle – Functions – Muscle Tone – Fatigue.

Unit III:

Cardiovascular System – Structure and Functions of heart – Types of Circulation – Conductive system of heart – Cardiac cycle – cardiac output – Blood pressure – pulse – Heart sounds – Blood : Components of blood plasma and its function – cellular components : structure and functions of RBC,WBC and platelets – Blood Coagulation – Blood groups. Respiratory System – Respiration – Structure and function of lung – mechanism of breathing – Lung volumes and capacities – Oxygen and carbon dioxide transport – Pleura.

Unit IV:

Digestive system : Structure and function of digestive tract – saliva – deglutition – peristalsis –Gastric juice – Bile – villi – Defecation. Endocrine System – Endocrine Glands – Hormones – Functions of hormones secreted by pituitary Gland – Thyroid gland – Parathyroid gland – Adrenal gland – pancreas – gonads – pineal gland – thymus.

Unit V

Excretory System : Nephron – Structure and functions of kidney – Concept of Urine formation – Skin structure and function – Temperature regulation. Reproductive System – Male reproductive system – Female Reproductive system – Spermatogenesis – Oogenesis – Menstrual cycle.

References:

1. Anthony & Kothoff: Text Book of anatomy and Psychology C.V.Mosby & Co.,
2. Astran Pond K. Rodahl.1986. "Text book of work physiology "New York : Mc.Graw– hill.
3. Evelyn C. Pearce (1986) Anatomy to Physiology fro Nurses. Sixteenth edition Oxford University Press Calcutta.
4. Edward L. Fox, Donald K. Mathews (1981) the Physiology Basis of physical Education and Athletics. CBS College publishing. Third Edition.
5. Essential Of physical Education
6. William E.Prentice, (1988) Rehabilitation Techniques in sports medicine, second edition Health south rehabilitation corporation , Brimingham, Alabama
7. W.C.Brown Devries , (1986) Physiology of exercise for physical education and athletics , Dubuque, iowa

PAPER II COMMON SPORTS INJURIES

UNIT I

Sports injuries – Types of Injuries – Definition, Causes, Clinical Features, Management and Prevention of Soft Tissue Injuries : Skin Injuries (Abrasions, Laceration, Puncture, Blisters, Incision) – Muscle injuries (Strain, Cramp, Fatigue, DOMS) – Sprain – Contusion – Tendon injuries – Bursitis. Bone injuries : Fracture – Subluxation – Dislocation - Mechanism of sports injuries – Inflammation - Repair and regeneration.

UNIT II

Common type of injuries of the upper extremity – Rotator Cuff Injury – Shoulder Dislocation – Fracture Clavicle – Bicipital tendonitis - Tennis elbow – Golfer's Elbow – Elbow Dislocation – Gamekeeper's Thumb – Finger Sprain – Finger Dislocation.

UNIT III

Common type of injuries of the lower limb: Fracture Pelvis – Hip Dislocation – Fracture Hip – Groin Strain – IT band syndrome – piriformis syndrome - Hamstring Strain – Quadriceps Strain – Knee Ligament Injuries – Patella Fracture – Calf strain – leg – compartmental syndrome - Ankle Sprain – Stress Fracture.

UNIT IV

Common type of injuries of the spine : Fracture and Dislocation of Spine – Head Injuries – Shock - Rib fracture - Contusion.

UNIT V

Environmental Injuries : Heat related injuries – Heat stroke – Heat exhaustion – Heat Cramp – Heat Stress – Cold related injuries – Frostbite – Hypothermia – Altitude Sickness.

REFERENCES:

1. First aid to the injured-2007 issue published by st.johns ambulance.
2. Sports injuries examination, imaging and management-Stephen Eustace, ciaran Johnston, pat O'Neill, john O'Byrne.
3. Reed: Sports Injuries – Assessment and Rehabilitation, W.B. Saunders.
4. Lillegard, Butcher & Rucker: Handbook of Sports Medicine: A symptom – Oriented Approach, Butterworth & Heinemann
5. Baker: The Hughston Clinic Sports Medicine Book, Williams & Wilkins
6. Richard B. Birrer: Sports Medicine for the primary care Physician, CRC Press

PAPER III FIRST AID IN SPORTS INJURIES

UNIT I

The Principles and practice of first aid for sports injuries – PRICE - aims of first aid - the responsibility of the first aider - action at emergency. Cardiopulmonary resuscitation - CPR for adults - CPR for children's - rules of first aid.

UNIT II

First aid techniques; dressing - types of dressing, application of dressing, bandages - types of bandages, tying the bandages - slings and its uses, different types of slings, applying the sling for different parts of the body according to the area.

UNIT III

First aid for different type of wounds, abrasions wound, incision wound, contused wound, lacerated wound, punctured wound and gun shot wound - Complications of wounds - Bleeding its types and its management - First aid for asphyxia.

UNIT IV

Fractures its types and its first aid management - First aid for fractures of spine, skull, collar bone, lower jaw, rib, humerus, forearm, hand, fingers, pelvis, femur, leg and foot - First aid for muscles and tendons injuries cramps, sprain and strain.

UNIT V

Care and prevention of sports injuries - protective equipments for sports - technical factors in overuse injuries.

REFERENCES

1. First aid to the injured-2007 issue published by st.johns ambulance.
2. Sports injuries examination, imaging and management-Stephen Eustace, ciaran Johnston, pat O'Neill, john O'Byrne.
3. Reed: Sports Injuries – Assessment and Rehabilitation, W.B. Saunders.
4. Lillegard, Butcher & Rucker: Handbook of Sports Medicine: A symptom – Oriented Approach, Butterworth & Heinemann
5. Baker: The Hughston Clinic Sports Medicine Book, Williams & Wilkins
6. Richard B. Birrer: Sports Medicine for the primary care Physician, CRC Press

PRACTICAL I

UNIT I

Measurement of Heart rate, Respiratory Rate, Temperature

UNIT II

Measurement of Blood Pressure

UNIT III

Application of Dressings

UNIT IV

Transfer of patients

UNIT V

Application of Ice

REFERENCES

7. First aid to the injured-2007 issue published by st.johns ambulance.
8. Sports injuries examination, imaging and management-Stephen Eustace, ciaran Johnston, pat O'Neill, john O'Byrne.
9. Reed: Sports Injuries – Assessment and Rehabilitation, W.B. Saunders.
10. Lillegard, Butcher & Rucker: Handbook of Sports Medicine: A symptom – Oriented Approach, Butterworth & Heinemann
11. Baker: The Hughston Clinic Sports Medicine Book, Williams & Wilkins
12. Richard B. Birrer: Sports Medicine for the primary care Physician, CRC Press

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

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

PG Diploma in Yoga (DDE)
SCHEME OF EXAMINATIONS
MARK DISTRIBUTION

TITLE	INTERNAL MARKS	EXTERNAL MARKS	MAX. MARKS
Fundamentals of Yoga Education	25	75	100
Applied Anatomy and Physiology	25	75	100
Methods of Yogic practices	25	75	100
Introduction to <i>Alternative medicine and Therapies</i>	25	75	100
Methodology of teaching yogic practices	25	75	100
Practicals			
Practical training in Yoga	25	75	100
Teaching Practice	25	75	100
Village placement Programme	100	--	100
Total			800

FUNDAMENTALS OF YOGA EDUCATION

Unit I: Yoga: Meaning, Definitions, Need. Nature, Aim and objectives, principles, philosophy and scope of yoga
Philosophy: Scope of philosophy
Shad Darshanas: Nyaya, Vaishesika, Samkhya, Yoga, Mimamsa, Vedanta.
Misconceptions and clarifications of Yoga.

Unit II: History of Yoga
Vedas, Upanishads, Yoga vasishtha. Ramayana. Mahabharata. Bhagavad Gita. Brahma Sutras
Modern Developments in Yoga, School of Yoga: Sivananda yoga. Integral yoga, Bihar school of Yoga, Kundalini Yoga, Ashtanga Yoga. Viniyoga. Iyengar yoga

Unit III: Contributions to yoga by yoga sutra: Samadhi pada. Sadhana pada. vibhooti pada, kaivalya yoga- Tirumandiram: Ashtanga yogam, Fruits of Eight limbed yoga. Eight great Siddhis- Yoga yajnavalkya Samhita. Goraksataka. Hatha yoga pradipika. Gheranda Samhita, Shiva Samhita, - Yoga Rahasya

Unit IV: Contributions of Yoga to Religions: Hinduism. Jainism. Buddhism. Christianity, Islam
Paths of Yoga: Hatha yoga, Bhakthi Yoga, Jnana yoga. Karma yoga. Raja Yoga. Mantra Yoga, Laya Yoga, Yantra yoga
Astanga Yoga: Yama, Niyama, Asana, Pranayama, pratyahara. Dharana. Dhyana. Samadhi

Unit V: Contributions to Yoga: Matsyendranath, Thiruvalluvar. Vallalar. Vivekananda. Sri Arobindo, Maharishi Mahesh Yogi, Kuvalayananda, Sri Yogendraji. Swami Rama. Vishnudevananda, Parmahansa Yogananda. Vethathiri maharishi. Swami Dharendra Brahmachari.

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- Iyenger B.K.S (1976) Light on yoga, London, Unwin paperbacks.
- Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of india.
- Satyanada sarawari swami (2008) Asana, Pranayama, Mudra, Bandha, mungar: Yoga publications trust.
- Iyenger B.K.S (2008) Light on pranayama, New Delhi : Haper Collins publishers India.
- Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books.
- Yogeshwaranand saraswathi swami (1975) First steps to higher yoga, Gangothari: Yoga niketan trust.
- Coulter, H David (2001) Anatomy and Hatha yoga, USA: Body and Breath Inc.
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- Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama.
- Kathy Lee Kappmeier and Diane M.Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics.
- Satyananda sararwati Swami (2007) Meditations from thitantras. Murgar: yoga publications Trust.

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, Elsevier 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 Publishers.
4. Anne Waugh & Alison Graunt (2005) Anatomy and Physiology in Health and Wellness, Allahabad, Churchill Livingstone.
5. Clark Robert K (2005) ,Anatomy & Physiology – Understanding the Human body, Suddury, United States, Jones & Bartlett.
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 Warwick (1988) Gray's Anatomy, Edinburgh: Churchill Livingstone.
11. Evelyn C Pearce (1997) Anatomy & Physiology for Nurses, New Delhi : Jaypee Brothers.
12. Gore M.M. (2003) Anatomy & Physiology for yogic practices , Lonavala : KamhanPrakshan.

METHODS OF YOGIC PRACTICES –

Unit 1: Essentials of Yogic Practices: Cleanliness and food. Bath. Time. Sun. Closing eyes, Place, Mirror, Breathing, awareness, Age limitations. sequence Blanket. clothes. position, emptying the bowels and stomach, counter pose, pregnancy. contra-indications, duration, straining, special provisions for women and patients, fitness, posture, Side effects

Loosening the joints

Simplified physical exercises

Suryanamaskar: Children's Model, Bihar School of Yoga, Sivananda Model

Unit 2: Asanas

Vrkshasana, Parivrtta Trikonasana, Padahasthasana, Virabhadrasana, Sirshasana, Halasana, Sarvangasana, Mastyasana, Ustrasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Gomukhasana, Garudasana, Mayurasana, Padma Mayurasana, Kukutasana, Navasana, Paschimottanasana, Ardha Matsyendrasana, Marichyasana, Jathara Parivartanasana, Baddhakonasana, Padmasana, Siddhasana, Siddhayoniasana, Svastikasana, Vajrasana, Shashangasana, Savasana

Unit 3: Pranayama

Kapalbhati, Bhramari, Ujjayi, Sheetalī, Sheetkari, Bhastrika, Surya bhedana, Nadi Shodana

Unit 4: Kriya

Jalaneti, Sutrāneti, Shankhaprakshalana, Agnisar Kriya, Vaman dhauti, Nauli (Madhyama, Vama, Dakshina)

Bandhas:

Jalandhara Bandha

Moola Bandha

Uddiyana Bandha

Mudras

Jnana mudra, Nasika mudra, yoni mudra, Apan vayu mudra, Linga mudra, Hakini mudra, Matangi mudra, Kalesvara mudra, Shanmuki mudra, Tadagi mudra, Maha mudra, ashwini mudra

Unit 5: Meditation

Sudharshana kriya, Nine- centered meditation, Mantra meditation, yoganidra, Trataka meditation, Raja Yoga meditation

References :-

- 1) Iyengar B. K. S (1976) Light on yoga, London, Unwin paperbacks.
- 2) Sivananda Saraswathi swami (1934) Yoga Asanas Madras : My magazine of India.
- 3) Satyanada saraswati swami (2008) Asana, Pranayama, Mudra, Bandha, munger : Yoga publications trust.
- 4) Iyenger B.K.S (2008) Light on pranayama, New Delhi : Haper Collins publishers India.
- 5) Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New york : Pocket Books.
- 6) Chandrasekaran K (1999) sound health through yoga Sedapatti : Prem Kalyan Publications.
- 7) Yogeshwaranand saraswathi swami (1975) First steps to higher yoga , Gangothari : Yoga niketan trust.
- 8) Coulter, H David (2001) Anatomy and Hatha yoga,USA:Body and Breath Inc.
- 9) Kirk Martin (2006) Hatha Yoga Illustrated Champaign : Humenkinetics.
- 10) Gharote (2004) Applied yoga, Lonvla : Kaivalyadhama.
- 11) Kathy Lee Kappmeier and Diane M. Ambrosini (2006) Instructing Hatha Yoga, Champaign : Human Kinetics.

Introduction to Alternative medicine and Therapies

Unit I: Assessment- observation- palpation- Diagnosis- Nadi pariksa- Examination- Planning- Ayurveda, Siddha, Naturopathy, Acupressure, Acupuncture. Physiotherapy

Unit II : Concepts of Siddha medicine: Principles of Siddha Medicine system. Five Elements theory, Three Biological Humors, Seven Physical Constitutents. Pancha Bhudas, Pancha Koshas, importance of Herbal medicine, Diet regulations, Varmam and Thokkanam, Treatment of Siddha Medicine for life style diseases.

Unit III : Concepts of Ayurveda: Five elements Doshas, Gunas, Seven Dhatus. Nadis and Chakras, Features and approaches of Ayurveda, Hygienic principles in Ayurveda-
Unit IV Ayurvedic diet, Ayurvedic purification practices- Panchakarmas- Vamanan, Virechanam, basti, Anuvaasana, Nasya, Rakta Rasayana cikitsa, Vajikarana. Ayurvedic treatment for life style diseases

Unit V: Concepts of Naturopathy: Principles of Naturopathy
Methods of Naturopathy: Diet, Juice diet, Fasting, exercise, Enema. massage. color therapy, clay therapy, hydro therapy, sun bath, air bath, magneto therapy, treatment of naturotherapy for life style diseases.

References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
4. Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda, Haridwar: Divya Prakashan
5. Frawley David and Sandra Summerfield kozak (2011) Yoga for your type New Delhi: New Age Books,
6. Vasant Dattatray Lad (2007) Secrets of the pulse The Ancient art of Ayurvedic Pulse Diagnosis Delhi: Motilal Banarsidass Publishers Pvt.Ltd
7. Ashwini yogi (2011) Sanatan Kriya, The Ageless Dimension, New Delhi: Dhyan Foundation
8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books
9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vedmata Gayathri trust
12. Thirunarayanam (2012) Introduction to Siddha Medicine, Chennai: centre for Traditional Medicine and Research
13. Bakhru (2011) The complete Hand book of Nature cure, Mumbai: Jaico publishing House
14. Gala DR, Dhiren Gala and Sanjay gala (2008) Nature cure for common diseases, Ahmadabad: Navneet publications (India) Ltd.,
15. Murthy Chidananda (2010) yogic and naturopathic treatment for common ailments, New Delhi: Central council for research in Yoga and Naturopathy
16. Basavaraddi Ishwar (2012) Important therapeutic modalities used in Naturopathy, New Delhi. Central council for Research in Yoga & Natruopathy,
17. Murthy Chidananda(2011) Yoga and Naturopathy New Delhi: central council for Research in yoga and Naturopathy.

METHODOLOGY OF TEACHING YOGA ^{ic practices}

Unit I: Education

Yoga Education, Goal, Scope and importance. Principles of Teaching Yoga- Yogic, psychological, Physiological, Pedagogical, sociological
Meaning of methodology of teaching- factors influencing Methodology. Presentation technique
Role of language, Voice, fluency, clarity and body language in Teaching
Factors of Yoga Education: Teacher, Student and Teaching- Guru- Shishya Parampara
Types of students and teachers- promotion of leadership qualities

Unit II: Methods in Yoga Teaching

Lecture method
Response to instruction method (method)
Individualized Instructional Method
Group discussion Method
Directed Practice Method
Project method
Demonstration Method
Lecture cum Demonstration Method
Imitation Method
Dramatization Method

Sources of teaching methods

Unit III: Teaching aids:

Audiovisual aids

Visual aids

Audio aids

Models

Props

Wooden brick and foot rest belt, ropes, slanting plank, chair, stool, bench, Box, the heart rate, ladder stool and drum, bolster and pillow, bandage, weight, the horse, big and small.

Unit IV: Preparing lesson plan- Essentials of a good lesson plan

Advantages of preparing a lesson plan

Contents of a lesson plan

Class management- formation of the class

Conducting yoga practical lessons: Precautions and contra-indications of practices

Lesson plan:

Assembly and roll call
Relaxation & prayer
Loosening the joints
Introduction of the practice
Demonstration
Individual practice
Group practice
Yoga game (if time permits)
Question and answer session
Relaxation
End prayer

Unit V: Organizing yoga class, Yoga camp, workshops in yoga, Yoga tours, *Yoga games and competitions*, classification of age groups for competitions

Evaluation

Advantages

Devices of evaluation

References

1. Gharote M.L and Ganguly S.K (2001) Teaching Methods for yogic practices
Lonavla: Kaivalyadhama
2. Sivananda () Yoga teachers training Manual, vol morin: Sivananda Ashram
Yoga camp
3. Anandamitra (1991) Teachers' Manual Calcutta: Ananda Marga Pracaraka
Samgha
4. Thirunarayanan and Hariharan (1975) Methods in Physical Education, Karaikudi
5. Basavaraddi Ishwar (2010) Yoga Teacher's Manual for school teachers. New
Delhi: Morarji Desai National Institute of Yoga

Practical Training in yoga

Unit 1: Loosening the joints

Simplified physical exercises

'Suryanamaskar: Children's Models, Bihar School of Yoga, Sivananda Model

Unit 2: Asanas

Vrkshasana, Parivrtta Trikonasana, Padahastasana, Virabhadrasana, Sirshasana, Halasana, Sarvangasana, Mastyasana, Ustrasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Gomukhasana, Garudasana, Mayurasana, Padma Mayurasana, Kukutāsana, Navasana, Paschimottanasana, Ardha Matsyendrasana, Marichyasana, Jathara Parivartanasana, Baddhakonasana, Padmasana, Siddhasana, Siddhayoniasana, Svastikasana, Vajrasana, Shashangasana, Savasana

Unit 3: Pranayama

Kapalbhati, Bhramari, Ujjayi, Sheetali, Sheetkari, Bhastrika, Surya bhedana, Nadi Shodana

Unit 4: Kriya

Jalaneti, Sutrāneti, Shankhaprakshalana, Agnisar Kriya, Vaman dhauti, Nauli (Madhyama, Vama, Dakshina)

Bandhas:

Jalandhara Bandha

Moola Bandha

Uddiyana Bandha

Mudras

Jnana mudra, Nasika mudra, yoni mudra, Apan vayu mudra, Linga mudra, Hakini mudra, Matangi mudra, Kalesvara mudra, Shanmuki mudra, Tadagi mudra, Maha mudra, ashwini mudra

Unit 5: Meditation

Sudharshana kriya, Nine centered meditation, Mantra meditation, yoganidra, Trataka meditation, Raja Yoga Meditation

TEACHING PRACTICE

Teaching practice will be organized during the study. The assessment of the students is internal for 100 marks. Students should design programme in yoga and are to teach practice and train in yoga .

VILLAGE PLACEMENT PROGRAMME

Duration : Five days

Date : During Semester

Mode of Evaluation : Internal Assessment

Maximum Marks : 100

Subject : Yoga

Nature of Programme : to teach and train villagers.

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 diseases	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 Publsiher.
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, Padahasthasana, 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, Sheetal 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

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Tamil Nadu Physical Education and Sports University

Chennai

Directorate of Distance Education

Department of yoga

Name of the course	PG Diploma in Yoga therapy and Yogic diet
Eligibility	Any UG Degree in Yoga / Any degree with Diploma or PG Diploma in Yoga or M.B.B.S or B.D.S or Degree in nursing or B.P.T or M.P.T or B.Y.N.S or B.H.M.S or B.A.M.S or B.U.M.S
Stream	Distance Education
Duration	One Year
Medium	English
Attendance	Minimum 80%
Year	2014 – 15 onwards

**PG DIPLOMA IN YOGA THERAPY AND YOGIC DIET
SCHEME OF EXAMINATIONS**

PAPER CODE	NAME OF THE SUBJECT	INTERNAL MARKS	EXTERNAL MARKS	TOTAL MARKS
	Concepts of Yogic diet	25	75	100
	Health and Yogic diet	25	75	100
	Yoga Therapy	25	75	100
	Introduction to Alternative Medicine and Therapies	25	75	100
	Clinical applications of Yoga, Siddha, ayurveda and Naturopathy	25	75	100
	Preparation of yogic diet chart and presentation of Yogic diet	25	75	100
	Village Placement Programme	100	-	100
Total				700

Paper I

Concepts of Yogic Diet

Unit - I

Health is wealth - Diet and health - Nutrition and health – food and body - Ancient Scriptures on food – digestion, absorption and assimilation– dietetic rules –inner factory.

Unit II

Nutrients: macro and micro – a) Macro nutrients – carbohydrates – fats – proteins and Water

b) Micro - nutrients vitamins (A,B,C,D&E) – Minerals (Calcium, phosphorus, iron, copper, iodine, potassium, sodium, magnesium, sulphur, chlorine) – caffeine – alcoholic beverages-carbohydrate loading.

Unit – III

Food Guide Pyramid – Caloric Value of Food – Protective Food: fruits – vegetables – cellulose – water – milk – nuts – honey – Soya beans – cereals – pulses – efficacy of coconut – diet divided into groups – rest after meals – good food combination.

Unit – IV

Balanced diet: Yogic Diet – vegetarianism & non – vegetarianism – Naturopathy Diet – Ayurvedic Diet – Mediterranean Diet - moderate diet (mitaahara) – restricted diet – the full milk diet – the fruit and milk diet. *DASH diet. Glycemic Index. Gluten free diet. Lactose free diet.*

Unit – V

Types of Yogic diet: Satvic – Tamasic – Rajasic – Characteristics – benefits. Eating guidelines – Diet Planning – Overcome bad eating habits – Food habits – Punjab – Bengal – Andhra Pradesh – Tamilnadu – Maharashtra – Gujarat. Yogic Dietary guidelines for various professionals..

References:

- 1) Sri swami sivananda " Health and Diet " Published by "The Divine Life Society, Uttarakhand.
- 2) Sri swami vimalananda " Health and Hatha Yoga" Published by "The Divine life Society, Uttarakhand.
- 3) Shivananda Saraswati (1975) , yogic therapy Gawhati , Brahmacharya yogeswar umachal yojashram.
- 4) Swami Kuavalayananda & Dr. S.C.Vinekar(1994) , Yogic therapy, New delhi, central health education bureau.
- 5) Luis S.R. Vas (2001) Master approaches to New age alternative therapies, delhi pustak mahal.
- 6) Phulgengda Sinha (1976) yoga cure for common diseases, Delhi : Orient paperbacks.
- 7) Joshi (1991) Yoga and Nature cure therapy, New Delhi: Sterling publishers private limited.
- 8) Garde R K (1984) yoga therapy, Bombay: Taraporevala sons & co pvt. Ltd.,
- 9) Sundaram Yogacharya (2004) Sundara Yogic therapy ,coimbatore : The Yoga publishing Home.

Paper II

Health and Yogic diet

Unit I

Health-factors influencing Health – Dimensions of Health – Health and disease – causes of disease - Panchaboothas and doshas - Health and Nature cure – principles of Nature cure – Nature cure Methods:- Fasting, Right dieting, Baths and wet packs, sun bathing, Enema, Exercise, Breathing Exercise, rest and Relaxation.

Unit II

Food Preparation:

Preparation of Vegetable soups, fruit juices, salad, preparation of uncooked food – Balanced food schedule for one week – physiology of digestive system – digestion – metabolism.

Unit III

Diet for pregnant, Nursing Mother-infants Boys & Girls – fasting:- Meaning, Definitions, Principles, Methods, Types, Fasting us starvation, Liquid diet, moral aspects of diet – diet after fasting – diet for yogic practitioners:

Diet during beginning levels of practice, diet during intermediate levels of practice-diet during advanced intensive practice.

Unit IV

Diet cure for diseases: Cold, indigestion, insomnia, Gout, Excess fat, Blood pressure, Rheumatism, Diabetes, Asthma, constipation, Dysentery, Anemia, Acidity.

Unit V

Food and beverages business – food and Herbal Park – exporting food and beverages to multinational companies.

References:

- 1) Sri swami sivananda “ Health and Diet “ Published by “The Divine Life Society, Uttarakhand.
- 2) Sri swami vimalananda “ Health and Hatha Yoga” Published by “The Divine life Society, Uttarakhand.
- 3) Shemanthakamani Narendhan et.al (2008) yoga and pregnancy, Bangalore: Swami Vivekananda Yoga Prakshana.
- 4) Nagarathna & Nagendra (2008) Yoga for Brounchial Assthma, Bangalore: Swami Vivekananda yoga prakshana
- 5) Nagarathna & Nagendra (2007) yoga for digestive disorders Bangalore : Swami Vivekananda yoga prakshana.
- 6) Sri kanta ss et.al (2008) yoga for diabetes, Bangalore : Swami Vivekananda yoga prakshana.

- 7) Nagarathna & Nagendra (2008) yoga for Hyper tension & Heart disease, Bangalore: Swami Vivekananda yoga prakshana.
- 8) Nagarathna & Nagendra (2008) yoga for Arthritics Bangalore : Swami Vivekananda yoga prakshana.
- 9) Nagarathna & Nagendra (2008) yoga for back pain Bangalore : Swami Vivekananda yoga prakshana.
- 10) Shivananda Saraswati (1975) , yogic therapy Gawhati , Brahmacharya yogeswar umachal yojashram.
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- 13) Dr.Swami Shankerdevananda (2007), Yoga management of Asthma and Diabetes, Munger, Yoga publications Trust.
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- 19) Garde R K (1984) yoga therapy, Bombay: Taraporevala sons & co pvt. Ltd.,
- 20) Nagarathana R H R Nagendra & Shamantha Kanmani Narendran (2002) Yoga for common ailments and IAYT for different diseases, Bangalore : Swami Vivekananda yoga prakashana
- 21) Sundaram Yogacharya (2004) Sundara Yogic therapy ,coimbatore : The Yoga publishing Home.
- 22) Karmanenda Swami (2008) Yogic management of common diseases, Munger : Yoga Publications Trust.
- 23) Nagarathna and Nagendra (2008) Integrated Approach of Yoga therapy for Positive Health, Bangalore: Swami Vivekananda yoga prakashana.

YOGA THERAPY

Unit I: History of yoga therapy- Essence and Principles of Yoga therapy- Physiology and pathology in the yoga- Shatra- koshas- doshas- Pancha prana- Assessment- observation- Palpation- Interview- Nadi Pariksha diagnosis- Application of therapeutic yoga practices- Modification- Yogic diet

Unit II: Application of traditional Indian medical systems and therapies:
Ayurveda – Doshas, Dinacarya, Ayurvedic diet, Panchakarma therapy
Siddha – Five elements theory, physical constituents, pathology
Naturopathy- Principles of naturopathy- modalities of naturopathy
Varmam and Thokkanam, Exercise therapy, Cryo therapy, Acupressure, Acupuncture, Chromo therapy, Magnet therapy, Music therapy

Unit III: Therapeutic application of yoga: High blood pressure, Obesity, Diabetes Mellitus, Asthma, Sinusitis, Migraine, Arthritis, Back pain, Thyroid problems, constipation, impotency, infertility, stroke and Epilepsy

Unit IV: Therapeutic application of yoga for psychological disorders:
Neurosis: stress, depression, eating disorders
Psychosis: Schizophrenia, autism, Bipolar disorders, dementia
Personality disorders: Paranoid, histrionic, drug addicts- Smoking, Alcoholism, Gambling

Unit V: Therapeutic application of yoga for the problems of women- Amenorrhea, Dysmenorrhea, menorrhagia, metrorrhagia, Hypomenorrhoea, oligomenorrhoea, polymenorrhoea, leucorrhoea, uterus related problems, miscarriage, pregnancy- Pre and post natal care

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1. Shemanthakamani Narendhan et.al (2008) yoga and pregnancy, Bangalore: Swami Vivekananda Yoga Prakshana.
2. Nagarathna & Nagendra (2008) Yoga for Brounchial Assthma, Bangalore: Swami Vivekananda yoga prakshana
3. Nagarathna & Nagendra (2007) yoga for digestive disorders Bangalore : Swami Vivekananda yoga prakshana.
4. Sri kanta ss et.al (2008) yoga for diabetes, Bangalore : Swami Vivekananda yoga prakshana.
5. Nagarathna & Nagendra (2008) yoga for Hyper tension & Heart disease, Bangalore: Swami Vivekananda yoga prakshana.
6. Nagarathna & Nagendra (2008) yoga for Arthritics Bangalore : Swami Vivekananda yoga prakshana.
7. Nagarathna & Nagendra (2008) yoga for back pain Bangalore : Swami Vivekananda yoga prakshana.
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14. Stiles Mukunda () Structural yoga therapy, new delhi: Goodwill publishing House
15. Mamtara (2012) yoga for osule and joint disorders Mumbai : The yoga Institute
16. Kuralayazanda Swami and vinelcar (2011) yogic Therapy Lonarla : Kaivalyadhama

Paper IV

INTRODUCTION TO ALTERNATIVE MEDICINE AND THERAPIES

Unit I: Assessment- observation- palpation- Diagnosis- Nadi pariksa- Examination- Planning- Yoga therapy, Ayurveda, Siddha, Naturopathy, Acupressure, Acupuncture. Physiotherapy

Unit II: Concepts of Yoga therapy: Principles of Yoga therapy- yogic practices for life style diseases

Unit III: Concepts of Siddha medicine: Principles of Siddha Medicine system. Five Elements theory, Three Biological Humors, Seven Physical Constitutents. Pancha Bhudas, Pancha Koshas, importance of Herbal medicine, Diet regulations, Varnam and Thokkanam, Treatment of Siddha Medicine for life style diseases.

Unit IV: Concepts of Ayurveda: Five elements Doshas, Gunas, Seven Dhatus. Nadis and Chakras, Features and approaches of Ayurveda, Hygienic principles in Ayurveda- Ayurvedic diet, Ayurvedic purification practices- Panchakarmas- Vamanam. Virechanam, basti, Anuvaasana, Nasya, Rakta Rasayana cikitsa, Vajikarana. Ayurvedic treatment for life style diseases

Unit V: Concepts of Naturopathy: Principles of Naturopathy
Methods of Naturopathy: Diet, Juice diet, Fasting. exercise. Enema. massage. color therapy, clay therapy, hydro therapy, sun bath, air bath, magneto therapy, treatment of naturotherapy for life style diseases.

References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
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6. Vasant Dattatray Lad (2007) Secrets of the pulse The Ancient art of Ayurvedic Pulse Diagnosis Delhi: Motilal Banarsidass Publishers Pvt.Ltd
7. Ashwini yogi (2011) Sanatan Kriya. The Ageless Dimension, New Delhi: Dhyana Foundation
8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books
9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vedmata Gayathri trust
12. Thirunarayanam (2012) Introduction to Siddha Medicine, Chennai: centre for Traditional Medicine and Research
13. Bakhru (2011) The complete Hand book of Nature cure, Mumbai: Jaico publishing House
14. Gala DR, Dhiren Gala and Sanjay gala (2008) Nature cure for common diseases, Ahmadabad: Navneet publications (India) Ltd.,
15. Murthy Chidananda (2010) yogic and naturopathic treatment for common ailments, New Delhi: Central council for research in Yoga and Naturopathy
16. Basavaraddi Ishwar (2012) Important therapeutic modalities used in Naturopathy, New Delhi. Central council for Research in Yoga & Natruopathy,
17. Murthy Chidananda(2011) Yoga and Naturopathy New Delhi: central council for Research in yoga and Naturopathy.

Paper V

**CLINICAL APPLICATIONS OF YOGA, SIDDHA,
AYURVEDA AND NATUROPATHY**

Unit I: Therapy: Assessment- observation- palpation- Diagnosis, nadi Pariksa-Examination- Planning

Unit II: Yogic practices and modifications for stress, High blood pressure- obesity, Diabetes, Asthma, Migraine, Arthritis, Back pain, constipation, Stroke, Epilepsy, infertility, psychological problems, women disorders

Unit III: Siddha treatment for life style diseases- treatment- Herbal medicine- Diet regulations

Unit IV: Panchakarma therapy: Abhyanga, Swedanam, Sirodhara, Nasyam, Njavarakizhi, Pizhichil

Unit V: Naturopathy: Therapeutic modalities: Mud pack, Hip bath, immersion bath, Spinal spray bath, hot foot bath, foot and arm bath, steam bath, Enema, hot and cold fomentation, wet sheet pack, Abdomen pack, chest pack, knee pack, leg pack, steam inhalation, color therapy, massage

References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: Divya Prakashan
 2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics
 3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
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 5. Frawley David and Sandra Summerfield kozak (2011) Yoga for your type New Delhi: New Age Books,
 6. Vasant Dattatray Lad (2007) Secrets of the pulse The Ancient art of Ayurvedic Pulse Diagnosis Delhi: Motilal Banarsidass Publishers Pvt.Ltd
 7. Ashwini yogi (2011) Sanatan Kriya. The Ageless Dimension, New Delhi: Dhyana Foundation
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 9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
 10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
 11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vedmata Gayathri trust
- Thirunarayanam (2012) Introduction to Siddha Medicine, Chennai: centre for Traditional Medicine and Research
- Bakhru (2011) The complete Hand book of Nature cure, Mumbai: Jaico publishing House
- Gala DR, Dhiren Gala and Sanjay gala (2008) Nature cure for common diseases, Ahmadabad: Navneet publications (India) Ltd.,
- Murthy Chidananda (2010) yogic and naturopathic treatment for common ailments, New Delhi: Central council for research in Yoga and Naturopathy
- Basavaraddi Ishwar (2012) Important therapeutic modalities used in Naturopathy, New Delhi. Central council for Research in Yoga & Natruopathy,
- Murthy Chidananda(2011) Yoga and Naturopathy New Delhi: central council for Research in yoga and Naturopathy.

yogic
PREPARATION OF DIET CHART & PRESENTATION OF *yogic diet*

yogic *yogic diet*
Preparation of Diet chart and ~~naturopathic food~~ for following Diseases

Constipation – Diarrhea – Piles – Appendicitis – Intestinal gas & pain –
Disorders of Digestion – Dysentery – obesity – Diabetes – Rheumatism – Liver
Diseases – Anemia – Tuberculosis – Asthma – Malaria – Skin Diseases – Hernia –
Diseases of Women – Epilepsy – Jaundice – Impotency – Hyper tension –
Preparation of uncooked food for general health – *psychological disorders*

Reference:

- 1) Naganathna R and Nagendra H.R. (2008) Integrated Approach of Yoga therapy for positive health Bangalore : Swami Vivekananda Yoga Prakashana.
- 2) Sivananta Saraswati (1983), Practical lessons in Yoga, Shivananda nagar: The devine life society.
- 3) Sivananta Saraswati (1975) yogic therapy, Gauhati. Brahma chary yogeswar Umachal yugashram.
- 4) Hoeger Werner W.K. and Sharon a Hoeger, (1990) Fitness and Wellness Colorado: Orton publishing company.
- 5) Hoare Syd. (1986) Keep fit Dunton Green: Holdder and Stoughton Ltd.
- 6) James and Leona Hart, (1983) 100% Fitness, New Delhi, Good Will publishing House.
- 7) Hardayal Singh, (1984), Sports Training, Patiala, NSNIS

1998
Paper VII

VILLAGE PLACEMENT PROGRAMME

Duration : Five days
Date : During Semester
Mode of Evaluation : Internal Assessment
Maximum Marks : 100
Subject : Yoga
Nature of Programme : to teach and train villagers.

11

M

Tamil Nadu Physical Education and Sports University

Chennai

Directorate of Distance Education

Department of yoga

Name of the course	PG Diploma in Yoga Therapy
Eligibility	Any UG Degree in Yoga / Any degree with Diploma or PG Diploma in Yoga or M.B.B.S or B.D.S or Degree in nursing or B.P.T or M.P.T or B.Y.N.S or B.H.M.S or B.A.M.S or B.U.M.S
Stream	Distance Education
Duration	One Year
Medium	English
Attendance	Minimum 80%
Year	2014 – 15 onwards

PG Diploma in Yoga Therapy (DDE)
SCHEME OF EXAMINATIONS
MARK DISTRIBUTION

TITLE	INTERNAL MARKS	EXTERNAL MARKS	MAX. MARKS
Basic Principles of Yoga Therapy	25	75	100
Introduction to Yogic Anatomy, Physiology and psychology	25	75	100
Methodology in Yoga Therapy	25	75	100
Introduction to Alternative medicine and Therapies	25	75	100
Yoga Therapy Practical I	25	75	100
Clinical practice in Yoga therapy	25	75	100
Village placement Programme	100	--	100
Total			700

Paper 1
Basic principles of Yoga therapy .

UNIT 1 - Principles of viniyoga

- Definition of Viniyoga
- Srsti Krama
- Siksana Krama
- Raksana Krama
- Cikitsa mode of application.

UNIT 2 - Fundamental principles of yoga therapy.

- Definition of cikitsa
- Medical system vs complimentary system.
- Its exact role in health management
- The focus of cikitsa
- Relationship
- Acharya

UNIT 3 - Basic concepts of yoga therapy

- Physiology and Pathology in the Yoga - Shastra
- Ahimsa
- Union
- Work with the mind
- Importance of breath
- Body - the powerful tool
- Technique vs. effect

UNIT 4 - Progression and individual focus in Yoga therapy

- Starting point
- Fixing the goal
- Progression
- Coming out of practice
- Yogam and ksemam
- Kala, desa, vaya, vrtti, sakti
- The nature of ailment
- Isvarapranidhana

UNIT 5 – Basic principles of other alternative medical systems

- Physiology and Pathology of Ayurveda.
- Ayurveda – fundamental principles, Panca Mahabhuta & Tridosa,
- Ahara Niyama: Dietary principles and guidelines for health.
- Assessment of Ayurvedic Constitution.
- Dinacarya
- Siddha, Acupressure , Pranic healing', Naturopathy, Yogic diet, Physiotherapy, Massage, Acupuncture
- Color therapy, Magneto therapy , Hydrotherapy, Fasting therapy.

References:

1. Translated by TKV Desikachar, 'Nathamuni's Yoga Rahasya', 1998, Chennai, KYM publications
2. Translated by TKV Desikachar, 'Patanjali's Yoga Sutra', 1987, Chennai, KYM publications
3. TKV Desikachar with Kausthub Desikachar and Frans Moors, 'The Viniyoga of Yoga', 2001, Chennai, KYM Publications.
4. Gopi Warrier and Deepika Gunawant, 'The complete Illustrated guide to Ayurveda', 2000, Element Books Ltd.
5. TKV Desikachar, 'The Heart of Yoga', 2000, USA, Inner Traditions

Paper 2 °
Introduction to Yogic Anatomy, Physiology and Psychology

UNIT 1 – Textual reference

- The holistic approach – Panca Maya model as detailed in Taittreya Upanisad
- Anna maya
- Prana maya
- Mano Maya
- Vignana maya
- Ananda maya

UNIT 2 – Yogic Anatomy

- Panca Kosa model
- Tri-sarira model
- Sapta dhatu model

UNIT 3 – Yogic Physiology

- Panca Prana
- Nadis
- Cakra model
- Agni and Ama model.

UNIT 4 – Yogic Psychology

- Yogic psychology – different parts of mind, different states of mind, and different activities of mind.
- Super consciousness
- Relationship of yoga and psychology
- Powers of mind and unfolding the powers of the mind including consciousness and Sub-consciousness.
- Psychological Disorders – Neurosis, Psychosis, Personality Disorders

UNIT 5 – Therapeutic application of yogic Anatomy, Physiology and Psychology

- Assessment of imbalance at anatomical level
- Assessment of imbalance at physiological level
- Assessment of imbalance at psychological level
- Yogic practice and techniques to balance the imbalances

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 Publsiher.
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 Waswië (1988) Gray's Anatomy, Edinburgh: Chuchill Livingstone.
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12. Gore M.M. (2003) Anatomy & Physiology for yogic practices , Lonavala : KamhanPrakshan.

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1. Kamlesh, M.L. (1988) Psychology in physical Education and sports, New Delhi : Metropolitan.
2. Elangovan .R., (2001) Udarkalvi Ulaviyal, Thirunelveli : Aswin Publications.
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5. Bringle Robert et al., (1981) understanding psychology, New York: Random House School Division New York.
6. Rishi Vivekananda (2006) practical yoga psychology, Munger : Yoga publications Trust
7. Abhedananda Swami (2002) yoga Psychology , Kolkatta : Ramakrishna Vedanta math.
8. Mangal S.K. (1991) ,Psychological Foundations of Education, Ludiana : Prakash Brothers.

Paper 3
METHODOLOGY IN YOGA THERAPY

UNIT 1

- Heyam or the symptoms
- Hetu or the cause
- Hanam or the remedy
- Upayam or the tools

UNIT 2 – Pariksa in yoga therapy

- The diagnostic tools
- Darsanam
- Sparsanam
- Prasnam

UNIT 3 – Nadi pariksa in yoga therapy

- Nadi system – definition from texts
- The different types of Nadi-s and their significance.
- Methodology of nadi pariksa in yoga therapy
- Application of nadi pariksa in yoga therapy

UNIT 4 – Application of therapeutic tools

- Extensive theoretical and practical learning about these diagnostic tools, especially with respect to:
 - o The pre-requisites for using these tools.
 - o The exact technique of using these tools.
 - o The limitations of these tools.
 - o The principles involved in inferring information by using these tools.
 - o Application of these tools during therapeutic intervention.

UNIT 5 – Modification as applied to yoga therapy

- Modification of asana
- Modification of pranayama
- Modification of meditation
- Modification of chanting

References:

1. Translated by TKV Desikachar, 'Patanjali's Yoga Sutra', 1987, Chennai, KYM publications
2. Translated by TKV Desikachar, 'Nathamuni's Yoga Rahasya', 1998, Chennai, KYM publications
3. TKV Desikachar, 'Religiousness in Yoga', 1980, USA, University Press of America Inc.
- 4 BKS Iyengar, 'The path to holistic health', 2001, UK, Dorling Kindersley
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INTRODUCTION TO ALTERNATIVE MEDICINE AND THERAPIES

Unit I: Assessment- observation- palpation- Diagnosis- Nadi pariksa- Examination- Planning- Yoga therapy, Ayurveda, Siddha, Naturopathy, Acupressure, Acupuncture, Physiotherapy

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Unit III: Concepts of Siddha medicine: Principles of Siddha Medicine system. Five Elements theory, Three Biological Humors. Seven Physical Constitutents. Pancha Bhudas, Pancha Koshas, importance of Herbal medicine, Diet regulations. Varmam and Thokkanam, Treatment of Siddha Medicine for life style diseases.

Unit IV: Concepts of Ayurveda: Five elements Doshas. Gunas, Seven Dhatus. Nadis and Chakras, Features and approaches of Ayurveda, Hygienic principles in Ayurveda- Ayurvedic diet, Ayurvedic purification practices- Panchakarmas- Vamanan, Virechanam, basti, Anuvaasana, Nasya, Rakta Rasayana cikitsa, Vajikarana, Ayurvedic treatment for life style diseases

Unit V: Concepts of Naturopathy: Principles of Naturopathy
Methods of Naturopathy: Diet, Juice diet, Fasting, exercise, Enema, massage, color therapy, clay therapy, hydro therapy, sun bath, air bath, magneto therapy, treatment of naturotherapy for life style diseases.

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3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
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6. Vasant Dattatray Lad (2007) Secrets of the pulse The Ancient art of Ayurvedic Pulse Diagnosis Delhi: Motilal Banarsidass Publishers Pvt.Ltd
7. Ashwini yogi (2011) Sanatan Kriya. The Ageless Dimension. New Delhi: Dhyana Foundation
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9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
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14. Gala DR, Dhiren Gala and Sanjay gala (2008) Nature cure for common diseases, Ahmadabad: Navneet publications (India) Ltd.,
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17. Murthy Chidananda(2011) Yoga and Naturopathy New Delhi: central council for Research in yoga and Naturopathy.

PAPER 4

Yoga Therapy Practical

UNIT 1

- Heyam or the symptoms
- Hetu or the cause
- Hanam or the remedy
- Upayam or the tools

UNIT 2 – Pariksa in yoga therapy

- The diagnostic tools
- Darsanam
- Sparsanam
- Prasnam

UNIT 3 – Nadi pariksa in yoga therapy

- Nadi system – definition from texts
- The different types of Nadi-s and their significance.
- Methodology of nadi pariksa in yoga therapy
- Application of nadi pariksa in yoga therapy

UNIT 4 – Application of therapeutic tools

- Extensive theoretical and practical learning about these diagnostic tools, especially with respect to:
 - o The pre-requisites for using these tools.
 - o The exact technique of using these tools.
 - o The limitations of these tools.
 - o The principles involved in inferring information by using these tools.
 - o Application of these tools during therapeutic intervention.

UNIT 5 – Modification as applied to yoga therapy

- Modification of asana
- Modification of pranayama
- Modification of meditation
- Modification of chanting

REFERENCES

1. Shenmasthanakamini Narendhan et.al (2008) Yoga and pregnancy-Bangalore: Swami Vivekananda Yoga Prakshana.
2. Nagarathna & Nagendra (2008) Yoga for Bronchial Asthma – Bangalore: Swami Vivekananda Yoga Prakshana
3. Nagarathna & Nagendra (2007) Yoga for Digestive Disorders – Bangalore: Swami Vivekananda Yoga Prakshana
4. Sri Kant ss et.al (2008) Yoga for diabetes , Bangalore : Swami Vivekananda Yoga prakshana
5. Nagarathna & Nagendra (2008) Yoga for Hypertension & Heart disease -- Bangalore :Swami Vivekananda Yoga prakshana
6. Nagarathna & Nagendra (2008) Yoga for Arthritis – Bangalore :Swami Vivekananda Yoga prakshana
7. Nagarathna & Nagendra (2008) Yoga for Back Pain – Bangalore :Swami Vivekananda Yoga prakshana
8. Sivananda Saraswati (1975), Yogic Theraphy Gawhati, Bramacharya Yogeswar Umachal Yojashram.
9. Dr. O.P Jaggi(2001) , Healing Systems , Delhi Orient paper backs
10. Swami Satyananda Saraswathi (2007) , Yoga and Cardiovascular Management Munger, Yoga Publications Trust.
11. Dr. Swami Shankerdevananda (2007) , Yoga Management of Asthma and Diabetes Munger ,Yoga Publications Trust .
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13. Swami Kuavalayananda & Dr.S.C.Vinekar(1994), Yogic Theraphy, New Delhi Central Health Education Bureau.
14. Luis S.R Vas(2001) Master approaches to New age alternative therapies , New Delhi Pustak Mahal.
15. Phulgendhra Sinha (1976) Yoga cure for common diseases, Delhi, Orient paperbacks.
16. Joshi(1991) Yoga and Nature Cure theraphy, New Delhi :Sterling Publishers Private Limited.
17. Garde R.K (1984) Yoga Theraphy ,Bombay Taraprevala Sons & Co. Pvt Ltd.
18. Nagarathana R.H.R .Nagendra & Shanmantha Kanmani Narendran (2002) Yoga for common ailments and IAYT for different diseases, Bangalore: Swami Vivekananda Yoga Prakashana.
19. Sundaram Yogacharya(2004) Sundara Yogic Theraphy, Coimbatore: the Yoga Publishing Home.
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21. Nagarathna and Nagendra (2008) Integrated Approach of Yoga therapy for positive health, Bangalore : Swami Vivekananda Yoga Prakashana.

22. Chandrasekaran (2012) yoga therapy, Chennai :
VHF publications.
23. Gore, Varg. Iyengar and Oak (2008) yoga therapy
for skeletal diseases, Lonarla : Kairalyadharma
24. Stiles Munkunda () Structural yoga therapy,
New Delhi : Goodwill publishing house
25. Manjora (2012) yoga for back and joint disorders
Mumbai : The yoga Institute
26. Kuralayanda Swami and Vinetkar (2011) yogic Therapy
Lonarla : Kairalyadharma

PAPER VI
clinical practice in yoga therapy

LESSON PLAN

PART- 1

INTRODUCTION

Prayer

- Write the prayer and Meaning

Introduction on Yoga therapeutic practice

PART-2

DEMONSTRATION

Silent Demonstration

Demonstration

Explaining the procedure

: write the practice

PART-3

PRACTICING THE YOGA THERAPY

a) Practice

: Practice

: Corrections to be done by the Teacher

PART-4

EXPLAINING BENEFITS

Benefits

: Write the Benefits

Contra - indications

: Write the limitations

Important points

: Write the important points

PART-5

RELAXATION AND CLOSING

a) Deep Relaxation

: Write the relaxation technique

b) Closing Prayer

: Write the closing prayer with meaning

References:

1. MJN Smith, 'An illustrated guide to asanas and pranayama'. 2007, Chennai, KYM Publications
2. TKV Desikachar with Kausthub Desikachar and Frans Moors, 'The Viniyoga of Yoga', 2001, Chennai, KYM Publications.
3. BKS Iyengar, 'Light on yoga', 1995, West Germany, Schocken
4. BKS Iyengar, 'Light on pranayama: The yogic art of breathing', 1985, USA, The Crossroad Publishing Company
- 5 BKS Iyengar, 'The path to holistic health', 2001, UK, Dorling Kindersley

References:

1. MJN Smith, 'An illustrated guide to asanas and pranayama'. 2007, Chennai, KYM Publications
2. TKV Desikachar with Kausthub Desikachar and Frans Moors, 'The Viniyoga of Yoga', 2001, Chennai, KYM Publications.
3. BKS Iyengar, 'Light on yoga', 1995, West Germany, Schocken
4. BKS Iyengar, 'Light on pranayama: The yogic art of breathing', 1985, USA, The Crossroad Publishing Company
- 5 BKS Iyengar, 'The path to holistic health', 2001, UK, Dorling Kindersley

Paper VII
VILLAGE PLACEMENT PROGRAMME

Duration : Five days

Date : During Semester

Mode of Evaluation : Internal Assessment

Maximum Marks : 100.

Subject : Yoga

Nature of Programme : to teach and train villagers.

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

CHENNAI – 06

Name of the Course	:	Diploma in Gym/Fitness Instructor
Stream	:	Distance Education
Educational Qualification	:	12th STD
Duration	:	1 Year
Medium of Instruction	:	English
Year of Commencement	:	2010 - 2011

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

DIPLOMA IN GYM INSTRUCTOR

PAPER I

ANATOMY & PHYSIOLOGY

Unit I:

Introduction to Anatomy and physiology. Cell: Definition – Structure – Cell Organelles : Nucleus – Cytoplasm – Mitochondria – Endoplasmic Reticulum – Ribosomes – Golgi apparatus – Plasma membrane – Lysosomes. Constructional units - cells - tissues - organs – systems. Tissues – Types of tissues – Functions.

Unit II:

Nervous System: Classification of Nervous System: Central nervous system – peripheral Nervous System – Autonomic Nervous System – Structure and Function of brain and spinal cord – Neuron – Reflex Arc – Effects of training on nervous system.

Unit III:

Cardiovascular System – Structure and Functions of heart – Types of Circulation – Cardiac cycle – cardiac output – Blood pressure – pulse – Effects of training on cardiovascular system. Respiratory System – Respiration – Structure and function of lung – mechanism of breathing – Lung volumes and capacities – Effects of training on respiratory system.

Unit IV:

Musculo skeletal system : Bone – Types of Bone – Functions. Joints – Types of joints – Functions. Muscle – Types of Muscle – Functions – Fatigue – Muscles of Upper Limb – Muscles of Lower limb – Muscles of trunk. Effects of training on Musculo skeletal system.

Unit V

Posture – Components of good posture – Poor posture – Types of posture – Posture correction. Energy systems – CP system – Aerobic energy – Anaerobic energy – Effects of training on energy systems.

Reference:

1. Anthony & Kothoff: Text Book of anatomy and Psychology C.V.Mosby & Co.,
2. Astran Pond K. Rodahl.1986. "Text book of work physiology "New York : Mc.Graw– hill.
3. Evelyn C. Pearce (1986) Anatomy to Physiology fro Nurses. Sixteenth edition Oxford University Press Calcutta.
4. Edward L. Fox, Donald K. Mathews (1981) the Physiology Basis of physical Education and Athletics. CBS College publishing. Third Edition.
5. W.C.Brown Devries , (1986) Physiology of exercise for physical education and athletics , Dubuque, iowa
6. Rasch P.(1989) Kinesiology and applied anatomy . Philadelphia , Lea & Febiger.

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

PAPER II

SCIENTIFIC FOUNDATIONS OF FITNESS AND WELLNESS

UNIT I

Fitness – Definition – Health Related Physical fitness – Skill Related Physical Fitness - Benefits of Physical Fitness – Acute and chronic effects of Physical Activity. Warm up - Types of Warm up: General and Specific Warm up – Benefits of warm up – Cool down – Benefits of Cool down. Flexibility – Types of Flexibility – Types of Stretching : Active Stretch – Passive Stretch – Static Stretch - ballistic Stretching – PNF Stretch. Benefits of Stretching.

UNIT II

Exercise Prescription – Principles of Exercise Prescription – Cardiovascular Endurance training – Aerobic Exercise – Anaerobic Exercise – Resting Heart Rate- Karoven's Formula – Target Heart Rate – Exercise Programme for beginners, intermediate and advanced population – Benefits of Cardiovascular endurance. Resistance Training – Principles of Resistance training – Muscular strength training: intensity – 1RM – Muscular endurance training – Muscle power – core training- benefits of muscular strength and endurance training.

UNIT III

Fitness Centre, size, measurement and other facilities - Weight training equipments: weight plates- barbells-dumbbells-exercise bikes, rowing machines. Skipping ropes, elastic strap. Advantages of free weights - advantages of machine weights- Weight lifting barbells and weights, Power lifting barbells and, abdominal board. Push-up plus- steppers, wall pulley, floor mats, weighted belts.

UNIT IV

Multigym: weight machines, bench press, shoulder press, seated bench press. Lat pull down, leg press, leg extension, heel raise, low pulley-peck deck, lateral raise, leg extension, leg curl, hip abductor, roman bench, preacher curl, half squat-smith machine-wrist curl, abdominal conditioner- specification and purpose of each machine. Treadmill-steppers-stair climbers-wave rowers. Bike: magnetic recumbent, upright and spin-elliptical cross trainer- Exercise Cycle.

UNIT-V

First aid- principles of first aid- first aid kit- basic life support: air way, breathing, circulation- first aid for emergency situations in a fitness centre- Ethics of fitness trainer-qualities and qualifications of a gym instructor.

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

PRACTICAL - I

UNIT-I

Exercise to improve Cardio vascular Endurance

UNIT-II

Exercise to improve muscular strength.

UNIT-III

Exercise to improve muscular endurance.

UNIT-IV

Exercise to improve flexibility

UNIT-V

Basic first aid procedures.

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
CHENNAI-6

Name of the Course:	:	Diploma in Life Guard Training
Stream	:	Distance Education
Educational Qualification	:	Plus 2
Duration	:	One year
Medium of Instruction	:	English
Year of Commencement	:	2010 - 2011

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

DIPLOMA IN LIFE GUARD TRAINING

PAPER – I

FUNDAMENTALS ORGANISATION & ADMINISTRATION LIFE GUARD TRAINING

Unit – I

Technique - Skill - Swimming – Controlling behavior of Patron Procedures –
Communication skill – Fitness – Warming up – Specific training - Enforcement policies –
rules – Regulation – Ordinance governing the conduct of patrons – Timing report –
Equipment maintenance – Repairing – Opening time – Closing time – Checking.

Unit – II

Public relation – Running the pool smoothly – Making report – Accidents - Swimming pool
maintenance – Pool facilities – Monitoring – Unsafe conditions – Custodial duties in
maintaining the pool – Bath room – Trash picked up in and outside of faculty – Pool
Vacuumed- Safety – First aid – Rescue operation – CPR Training – Precautions – Health –
Safety – Welfare – Training.

Unit – III

Definition – Meaning – Aims & objective of organization and Administration Physical
requirements – Physical exertions to manually move – Lift – Carry – Push – Heavy objects –
Climbing in and out of Swimming pool – Verbal & Written communication- Personal
relations – Staff meeting – Training – Diving – Swimming – other aquatic activities –
Communications – Disciplinary problem – Selling tickets – Collecting fees.

Unit – IV

Problem solving – Decision making – rules – Accountability – Budgeting Centre – Prepare
the pool –lane lines – Exercise equipment – Floatation devices - Oxygen Administration for
the Rescue – Preventing disease transmission – Community Water safety – Chemical –
Cleaning – Disinfects the pool – Shower – Locker room – Equipment used.

Unit – V

Physical demands – Development of motor qualities – Strength – Training – Routine
swimming – Safety drills – Vision – Colour – Depth perception – Peripheral vision – Distance
vision

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

ANATOMY AND PHYSIOLOGY

PAPER– II

Unit – I

General concept of Anatomy – cells – Tissues – Bones – Types and Functions

Unit – II

Cardio Vascular System – Structure and functions –Respiratory system – Structure and function Lungs – Mechanism of Respiration -

Unit – III

Muscular system – Types of Muscles - Structure and functions – Digestive system – structure and function.

Unit – IV

Nervous system – central – peripheral and autonomous

Unit – V

Excretory System – Structure and Functions of Kidney – Nephron – Structure and Functions of Skin

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

DIPLOMA IN LIFE GUARD TRAINING

PRACTICAL – I

First Aid – CPR Training – Safety Measurements – Rescue training – Manually move –
Lift – Carry – Push – heavy objects – Cleaning in and out of pool – Training.

Tamil Nadu Physical Education and Sports University

Chennai

Directorate of Distance Education

Department Of Yoga

Name of the course	Diploma in Varma and Thokkanam (Massage) Sciences
Eligibility	+2 passed
Stream	Distance Education
Duration	One Year
Medium	English
Attendance	Minimum 80%
Year	2018-2019 onwards

Diploma in Varma and Thokkanam (Massage) Sciences

Scheme of Examination:-

Paper Code	Name of subject	Internal	External	Total
	Theory: Foundations of Varma and Thokkanam	25	75	100
	Varma and Thokkanam practices	25	75	100
	Introduction to Traditional Indian systems of Medicine and therapies	25	75	100
	Practicals: Practical training in Varma and Thokkanam	25	75	100
	Village Placement Programme	100	-	100
	Total	200	300	500

FOUNDATIONS OF VARMA AND THOKKANAM

Unit – I

Health: Adhi and Vyadhi, Kleshas, Koshas, Doshas, factors affecting health, dimensions of health, causes of ill-health, diseases, pillars of health, fitness, wellness, biological clock.

Nutrition: Macro and Micro nutrients, balanced diet

Unit – II

Varma and Thokkanam: Meaning, definitions, Need, Nature and Scope – Principles and Philosophy, different names, origin and history, Modern developments, Guru worship. Texts in Varma – Patanjali and Thirumoolar's views on body and mind. Texts based on Agatiyar, Bohar, Ramadevar, Theraiyar.

Unit – III

Types of Varma: Padu Varmam, Thodu Varmam, Thadavu Varmam, Thattu varmam, Nakku Varmam, Nokku Varmam, OothuVarmam. Padu Varmam in texts.

Unit –IV

Five body parts (5 kandams), Six Adharam, Vayus, Utkaruvi (intrinsic factors) – Purakaruvi (Extrinsic factors) – Three Mandals, Three hormones – Nadigal (Nerves) – Dasa nadi (Nadi used in Diagnosis) – Chakras –curable condition.

Unit – V

Methods of Adangal – General adangal Methods – Rationale behind Varma – Nomenclature – Place of Varma – Quality of Varma – departures in Varma.

References:

- 1) Gokulakumar (2012) Medical Varmalogy Coimbatore: Arts Research institute
- 2) Rajamony (2012) Varma The Healig touch Chennai: World varma foundation & St.Antony's Charitable Trust
- 3) Thottam (2011) Varmathin Marmam Chennai : Thottam publishers
- 4) Rajendran (2012) Handbook of Varma therapy Moolachal: Varma science research centre
- 5) Thirunarayanan (2012) Introduction to Siddha Medicine Chennai: Centre for Traditional Medicine and Research
- 6) Ponnapan (2005) Varmakalai ennum Maruthuvakalaii Chennai: Puththaga poonga
- 7) Sivakumar (2017) Varmam Marmam Alla Chennai: Yogalayam and varmalayam
- 8) Shanmugam (2012) The foot prints of Medical varmalogy Coimbatore: Arts Research Institute
- 9) Pushparaj, Tamil Maruthuva Thokkana Muraigal, Parakkundru: Ravanan Publications
- 10) Akhonry Gourag Sinha (2001) Principles and practices of Therapeutic massage, New Delhi: Jaypee Brothers
- 11) Penny Rich (1994) Massage for common ailments, London: Parragon Book Service Ltd
- 12) Thirugnanam (2009) Mooligai Maruthuvam Trichy : Selvi Publications
- 13) Appan (2011) Eyarkai Unave Nooi Theeruum Marunthu, Chennai: Sri Hindu Publications
- 14) Varma Cuttiram, Dr.Shu Hikosala, Prof. Norinaga Shimizu, Dr.G.John Samuel, Dr.P.Subramaniam, Institute of Asian Studies
- 15) Varma Medicine (General & Special), Fundamental of Varma Medicines, Prof. Dr.T.Kanna Rajaram
- 16) Babaji's Kriyaa hatha Yoga, Thiru.Yogi Ramsunthaar
- 17) Nature cure, Thiru H.Lindhadr.M.D
- 18) Practical Nature cure. Thiru.K.Lakshmana Sarma
- 19) Siddha Varmalogy, Thiru T.Vasanth Kumar
- 20) Art of Massage: J.H.Kellog
- 21) Murugesu Mudaliar, Gunapadam
- 22) Imcos – Herbal Medicine Preparation
- 23) Prof. Dr.Prema, Tamil University Siddha medicine Professor's books

- 24) Dr.Rengarajan's Books
- 25) S.Somasundaram Books and Dr.M.Shanmugavelu's Books
- 26) Kannan Rajaram (2011) Varma Maruthuvam Pudukadai: siddha Medicine Book publisher
- 27) Nisiwilson (2004) varma Choodamani Karungal: Amma Padipagam
- 28) Chidambara Danu Pillai (1970) Varma Sutcham, Chennai: Siddha Maguda Prasuram
- 29) Ramachandran (1998) varma suthiram Chennai: Thamarai Noolagam
- 30) Subramaniam (2007) Varma Chuthiram Chennai: Institute of Asian Studies
- 31) Manimaran (2015) Varmam Tirunelveli: Renuga Publications
- 32) Sunil Kumar Joshi (2010) Marma Science and Principles of Marma Therpa, Delhi : Vani publications
- 33) Kannan Rajaram (2015) Varma Maruthuvam I & II Kanyakumari: Varma maruthuva Ayvu Maiyam
- 34) Chidambaradhanu Pillai (2015) Varma Vimanam Chennai: International Institute of Thanuology
- 35) Maria Joseph (2013) Varma Kannadi – 500 Manalikai: Muthu Noolagam & publications
- 36) Mohana Raj (2009) Varma odivu Murivu chara choothiram – 1200 & Chaduramani Choothiram – 600, Pudukarai: A.T.S.V.S Siddha Medical College and Hospital
- 37) John Selvaraj (2009) Varma Choothiram Chennai: International Institute of Tamil Studies
- 38) _____ (2007), Varma thoguppu Chennai: Indian Medicine & Homeopathy
- 39) Mohan (2006) Siddharkalin Varma Choothirangal Chennai: Thamarai Noolagam
- 40) Madialagan (2007) Siddha Medicine, Chennai: Tamil Valarchi Kezhagam

VARMA AND THOKKANAM PRACTICES

Unit – I

Diagnosis – Root of energy ways (vassakal), Energy receiving points (mudichukal), Nadi Parikcha

Padu varma points – varma points in Head, Neck, chest, stomach, hip, back hands, legs - chakras

Unit – II

Treatment of Varma – Varma Kanji, Varma thylam -Nasiyam – Food (Gruel) – Marundu – Othadam (fermentation) – Types of Medicine – Lehyam, Kudneer, Gulikai, Chooram, Thylam (oils and Ghee) Melpucchu, varma and thokkanam for life style diseases

Unit – III

Massage: Siddha Massage, Varma Massage, Meaning, Target tissues, forms of Massage, Materials for massage – precautions – Modes of manipulation in massage – Benefits of massage: General, physiological, mechanical, Therapeutical

Unit –IV

Medicinal benefits of Herbs:

Herbs: name & family: Categories of Herbs – Types of herbs

Amaranthus tritis, ocimum tenuiflorum, Acalypha indica, centella asiatica, Trigonella foenum, Solanum nigrum, altermanthera sessilis, Leucas aspera, Solanumtrilobatum, Zingibu officinate, Andrographis paniculate, cynodon dactylon, phyllanthus amarusschum, Eclipta prostrata, Phyllanthus emblica, Aegle marmelos, Pergularia daemia, Mukia Maderaspatana, Furcraea foetida, Kurunthotti- growth places, Taste, usable parts, Medicinal values and usage.

Unit – V

Herbal medicine – Preparation and uses

Herbal suranam, Herbal Thailam, Herbal wax preparation, Herbal wax massage, herbal legiyam, Herbal Kasayam, Herbal powders, Herbal tooth powder, Herbal kalimbu, Herbal tea, Herbal soap, Herbal food.

References:

- 1) Gokulakumar (2012) Medical Varmalogy Coimbatore: Arts Research institute
- 2) Rajamony (2012) Varma The Healig touch Chennai: World varma foundation & St.Antony's Charitable Trust
- 3) Thottam (2011) Varmathin Marmam Chennai : Thottam publishers
- 4) Rajendran (2012) Handbook of Varma therapy Moolachal: Varma science research centre
- 5) Thirunarayanan (2012) Introduction to Siddha Medicine Chennai: Centre for Traditional Medicine and Research
- 6) Ponnapan (2005) Varmakalai ennum Maruthuvakalaii Chennai: Puththaga poonga
- 7) Sivakumar (2017) Varmam Marmam Alla Chennai: Yogalayam and varmalayam
- 8) Shanmugam (2012) The foot prints of Medical varmalogy Coimbatore: Arts Research Institute
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- 35) Maria Joseph (2013) Varma Kannadi – 500 Manalikai: Muthu Noolagam & publications
- 36) Mohana Raj (2009) Varma odivu Murivu chara choothiram – 1200 & Chaduramani Choothiram – 600, Pudukarai: A.T.S.V.S Siddha Medical College and Hospital
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- 38) _____ (2007), Varma thoguppu Chennai: Indian Medicine & Homeopathy
- 39) Mohan (2006) Siddharkalin Varma Choothirangal Chennai: Thamarai Noolagam
- 40) Madialagan (2007) Siddha Medicine, Chennai: Tamil Valarchi Kezhagam

INTRODUCTION TO TRADITIONAL INDIAN SYSTEMS OF MEDICINE AND THERAPIES

Unit I: History of yoga therapy- Essence and Principles of Yoga therapy- Physiology and pathology in the yoga- Shatra- koshas- doshas- Pancha prana- Application of Yoga and its types – Methodology in Yoga Therapy – Factors (Heyam, Hetu, Hanam and Upayam) – Methods (Darsanam, Sparsanam, Prasanam, Nadi Pariksa) Examination of Vertebra, joints, muscles, Abdomen and Nervous system and therapeutic yoga practices- Modification of yogic practices – Yogic diet - Yogic diet for Human systems– Nadis and chakras

Unit II: Application of traditional Indian medical systems and therapies:
Ayurveda – Doshas, Dinacarya, Ayurvedic diet, Panchakarma therapy
Siddha – Five elements theory, physical constituents, pathology (Kayakalpa, Kitchen, Herbal and other types of medicine), Exercise therapy, Cryo therapy, Acupressure, Acupuncture, Chromo therapy, Magnet therapy, Music therapy, Pranic healing, Magentotherapy, Naturopathy and Modalities of Naturopathy

Unit III: Therapeutic applications for High blood pressure, Obesity, Diabetes Mellitus, Asthma, Sinusitis, Migraine, Arthritis, Back pain, Thyroid problems, constipation, impotency, infertility, stroke, Epilepsy, Parkinson's disease, sleep disorders, skin diseases, insomnia, Anaemia

Unit IV: Therapeutic applications for psychological disorders:
Neurosis: stress, depression, eating disorders, suicide, hysteria
Psychosis: Schizophrenia, autism, Bipolar disorders, dementia
Personality disorders: Paranoid, histrionic, drug addicts- Smoking, Alcoholism, Gambling – Anti social activities

Unit V: Therapeutic applications for the problems of women- Amenorrhea, Dysmenorrhea, menorrhagia, metrorrhagia, Hypomenorrhoea, oligomenorrhoea, polymenorrhoea, leucorrhoea, uterus related problems, miscarriage, pregnancy- Pre and post natal care, PCOS

References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
4. Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda, Haridwar: Divya Prakashan
5. Frawley David and Sandra Summerfield kozak (2011) Yoga for your type New Delhi: New Age Books,
6. Vasant Dattatray Lad (2007) Secrets of the pulse The Ancient art of Ayurvedic Pulse Diagnosis Delhi: Motilal Banarsidass Publishers Pvt.Ltd
7. Ashwini yogi (2011) Sanatan Kriya. The Ageless Dimension, New Delhi: Dhyana Foundation
8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books
9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vedmata Gayathri trust
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14. Gala DR, Dhiren Gala and Sanjay gala (2008) Nature cure for common diseases, Ahmadabad: Navneet publications (India) Ltd.,
15. Murthy Chidananda (2010) yogic and naturopathic treatment for common ailments, New Delhi: Central council for research in Yoga and Naturopathy
16. Basavaraddi Ishwar (2012) Important therapeutic modalities used in Naturopathy, New Delhi. Central council for Research in Yoga & Natruopathy,
17. Murthy Chidananda(2011) Yoga and Naturopathy New Delhi: central council for Research in yoga and Naturopathy.

PRACTICAL TRAINING IN VARMA AND THOKKANAM

Unit – I

Diagnosis – Root of energy ways (vassakal), Energy receiving points (mudichukal), Nadi Parikcha

Padu varma points – varma points in Head, Neck, chest, stomach, hip, back hands, legs - chakras

Unit – II

Preparation for the Treatment of Varma – Varma Kanji, Varma Thylam, Nasiyam – Food (Gruel) – Marundu – Othadam (fermentation) – Types of Medicine – Lehyam, Kudneer, Gulikai, Choornam, Thylam (oils and Ghee) Melpucchu, varma and thokkanam for life style diseases

Unit – III

Practices of Massage: Target tissues, forms of Massage, Materials for massage – Modes of manipulation in massage

Unit –IV

Identify *Amaranthus tritis*, *ocimum tenuiflorum*, *Acalypha indica*, *centella asiatica*, *Trigonella foenum*, *Solanum nigrum*, *altermanthera sessilis*, *Leucas aspera*, *Solanum trilobatum*, *Zingibu officinate*, *Andrographis paniculate*, *cynodon dactylon*, *phyllanthus amarus*, *Eclipta prostrata*, *Phyllanthus emblica*, *Aegle marmelos*, *Pergularia daemia*, *Mukia Maderaspatana*, *Furcraea foetida*, *Kurunthotti*.

Unit – V

Herbal medicine – Preparation

Herbal suranam, Herbal Thailam, Herbal wax preparation, Herbal wax massage, herbal legiyam, Herbal Kasayam, Herbal powders, Herbal tooth powder, Herbal kalimbu, Herbal tea, Herbal sope, Herbal food.

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- 13) Appan (2011) Eyarkai Unave Nooi Theeruum Marunthu, Chennai: Sri Hindu Publications
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- 16) Babaji's Kriyaa hatha Yoga, Thiru.Yogi Ramsunthaar
- 17) Nature cure, Thiru H.Lindhadr.M.D
- 18) Practical Nature cure. Thiru.K.Lakshmana Sarma
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- 20) Art of Massage: J.H.Kellog
- 21) Murugesu Mudaliar, Gunapadam
- 22) Imcos – Herbal Medicine Preparation
- 23) Prof. Dr.Prema, Tamil University Siddha medicine Professor's books

- 24) Dr.Rengarajan's Books
- 25) S.Somasundaram Books and Dr.M.Shanmugavelu's Books
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- 28) Chidambara Danu Pillai (1970) Varma Sutcham, Chennai: Siddha Maguda Prasuram
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- 30) Subramaniam (2007) Varma Chuthiram Chennai: Institute of Asian Studies
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- 32) Sunil Kumar Joshi (2010) Marma Science and Principles of Marma Therpa, Delhi : Vani publications
- 33) Kannan Rajaram (2015) Varma Maruthuvam I & II Kanyakumari: Varma maruthuva Ayvu Maiyam
- 34) Chidambaradhanu Pillai (2015) Varma Vimanam Chennai: International Institute of Thanuology
- 35) Maria Joseph (2013) Varma Kannadi – 500 Manalikai: Muthu Noolagam & publications
- 36) Mohana Raj (2009) Varma odivu Murivu chara choothiram – 1200 & Chaduramani Choothiram – 600, Pudukarai: A.T.S.V.S Siddha Medical College and Hospital
- 37) John Selvaraj (2009) Varma Choothiram Chennai: International Institute of Tamil Studies
- 38) _____ (2007), Varma thoguppu Chennai: Indian Medicine & Homeopathy
- 39) Mohan (2006) Siddharkalin Varma Choothirangal Chennai: Thamarai Noolagam
- 40) Madialagan (2007) Siddha Medicine, Chennai: Tamil Valarchi Kezhagam

VILLAGE PLACEMENT PROGRAMME

Duration	:	Five Days
Mode of Evaluation	:	Internal Assessment
Maximum Marks	:	100
Subject	:	Varma and Thokkanam
Nature of Programme	:	To bring awareness and to teach, train and practice Villagers

21

Tamil Nadu Physical Education and Sports University

Chennai

Directorate of Distance Education

Department of yoga

Name of the course	Diploma in Yoga
Eligibility	+2 Passed
Stream	Distance Education
Duration	One Year
Medium	English
Attendance	Minimum 80%
Year	2014 – 15 onwards

Diploma in Yoga (DDE)

Scheme of Examination

Mark Distribution

Paper code	Name of Subject	Internal marks	External marks	Total marks
	Fundamentals of Yoga Education	25	75	100
	Yogic Psychology and Yogic Therapies	25	75	100
	Methods of Yogic Practices	25	75	100
	Practical: Yogic Practices	25	75	100
	Village Placement Programme	100	-	100
	Total marks			500

PAPER - I

FUNDAMENTALS OF YOGA EDUCATION

UNIT - I

Meaning - Definitions - Need - Nature - Aim and objectives - Philosophy and Scope of yoga - Modern developments in yoga - Misconceptions and clarifications about yoga - yoga and Education, yoga and physical education. Schools of yoga - Iyengar yoga and Vini yoga.

UNIT - II

History of yoga - Vedas - Bhagavad Gita, Upanishads, Ramayana, Mahabharata, Brahma Sutras - Astanga Yoga of Patanjali : Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi. Paths of yoga : Hatha yoga, Bhakti yoga, Jnana yoga, Karma yoga, Raja yoga, Mantra yoga, Laya yoga, Yantra yoga.

UNIT - III

Contributions to yoga - Hatha Pradipika, yoga sutras, Gheranda samhita, yajnavalkya samhita, yoga Rahasya, Thirumandiram. Contributions of yoga to Hinduism, Jainism, Buddhism, Christianity, Islam
Contributions to yoga : Vivekananda, Kuvalayananda, Sivananda, Krishnamacharya, Sri Ramalingaswami, Maharishi Mahesh yogi, Sri Aurobindo, Contributions of Siddhars : Thirumoolar, Agasthiar, Sri Goraknath, Bohar

UNIT - IV

Introduction to Anatomy and Physiology.
Nervous System : Structure and Function of brain and spinal cord - Neuron - Reflex Arc - Beneficial yogic practices on nervous system.
Cardiovascular System - Structure and Functions of Heart - Beneficial yogic practices on cardiovascular system.
Endocrine System - Endocrine Glands - Hormones - Functions of Hormones. Beneficial yogic practices on endocrine system.

UNIT V

Respiratory System - Respiration - Structure and Function of Lung - Mechanism of breathing - Lung volumes and capacities - Beneficial yogic practices on Respiratory System.
Digestive system : Structure and Function of Digestive Tract - Beneficial yogic practices on Digestive System. Posture : Posture - Postural tone - components of Good posture - Bad posture - Beneficial yogic practices on Posture.

References:-

- Iyenger B.K.S (1976) Light on yoga, London, Unwin paperbacks.
- Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of india.
- Satyanada sarawari swami (2008) Asana, Pranayama, Mudra, Bandha, munger: Yoga publications trust.
- Iyenger B.K.S (2008) Light on pranayama, New Delhi : Haper Collins publishers India.
- Chandrasekaran k (1999) Sound Health Through Yoga, Sedapatti: Prem kalyan Publications
- Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books.
- Yogeshwaranand saraswathi swami (1975) First steps to higher yoga, Gangothari: Yoga niketan trust.
- Coulter,H David (2001) Anatomy and Hatha yoga, USA: Body and Breath Inc.
- Kirk Martin (2006) Hatha Yoha Illustrated Champaign: Humenkinetics.
- Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama.
- Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama.
- Kathy Lee Kappmeier and Diane M.Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics.
- Satyananda sararwati Swami (2007) Meditations from thitantras. Murgar: yoga publications Trust.

Paper - II

Yogic Psychology and Yogic Therapies

UNIT I

Psychology: Meaning, Definitions, Nature, Need and Scope of psychology, Branches of psychology, Relationship of psychology and yoga. Role of yoga on Growth and Development. Learning, Motivation, Emotions - and personality. Yoga for Super-consciousness, Yogic Practices for balancing mind, Nadis and Chakras, Yogic Practices on Chakras.

UNIT II

Meaning, Definitions, Need, Scope of spirituality - Religions challenges: Physical, Mental, Moral, Social, Cultural and Religious. Role of Religions in the Society - Methods of developing spirituality - Relationships among yoga, religion and spirituality. Moral values, Divine virtues, human values and yoga. Yoga and Leadership

UNIT III

Physiology and pathology in the yoga shastra - Description of the Glands - Ayurvedha - Tridosha - Common ailments. Introduction to alternative medicine and Therapies

UNIT IV

Selective yogic practice for Heart Problems, Asthma. Arthritis, Back pain, constipation, Diabetes mellitus, obesity. Mental disorders. Selective yogic practices for Anxiety, Stress, Menstrual irregularities

UNIT V

Yogic Diet - Tamasic foods - Rajasic foods - Satvic foods - Articles of yogic diet - principles of diet - Balanced diet - ideal yogic diet - chart, moral aspects of diet - Naturopathy diet. Fitness and Wellness, Positive health.

References :

1. Kamlesh,M.L.(1988)Psychology in physical Education and sports, New Delhi : Metropolitan.
2. Elangovan .R.,(2001) Udarkalvi Ulaviyal, Thirunelveli : Aswin Publications.
3. Gita Mathew, (1997) Sports Psychology , Shejin and Shiju Brothers, Karaikudi
4. Gidr,et al., (1989) Psychology , Glenview: scott foresman and company.
5. Bringle Robert etal., (1981) understanding psychology, New York: Random House School Division New York.
6. Rishi Vivekananda (2006) practical yoga psychology, Munger : Yoga publications Trust
7. Abhedananda Swami (2002) yoga Psychology , Kolkatta : Ramakrishna Vedanta math.
8. Mangal S.K. (1991) ,Psychological Foundations of Education, Ludiana : Prakash Brothers.

REFERENCES

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2. Nagarathna & Nagendra (2008) Yoga for Bronchial Asthma – Bangalore: Swami Vivekananda Yoga Prakshana
3. Nagarathna & Nagendra (2007) Yoga for Digestive Disorders – Bangalore: Swami Vivekananda Yoga Prakshana
4. Sri Kant ss et.al (2008) Yoga for diabetes , Bangalore : Swami Vivekananda Yoga prakshana
5. Nagarathna & Nagendra (2008) Yoga for Hypertension & Heart disease -- Bangalore :Swami Vivekananda Yoga prakshana
6. Nagarathna & Nagendra (2008) Yoga for Arthritis – Bangalore :Swami Vivekananda Yoga prakshana
7. Nagarathna & Nagendra (2008) Yoga for Back Pain – Bangalore :Swami Vivekananda Yoga prakshana
8. Sivananda Saraswati (1975), Yogic Therapy Gawhati, Bramacharya Yogeswar Umachal Yojashram.
9. Dr. O.P Jaggi(2001) , Healing Systems , Delhi Orient paper backs
10. Swami Satyananda Saraswathi (2007) , Yoga and Cardiovascular Management Munger, Yoga Publications Trust.
11. Dr. Swami Shankerdevananda (2007) , Yoga Management of Asthma and Diabetes Munger ,Yoga Publications Trust .
12. Dr. Swami Shankerdevananda (2006) ,The Effect of Yoga on Hypertension, Munger ,Yoga Publications Trust.
13. Swami Kuavalayananda & Dr.S.C.Vinekar(1994), Yogic Therapy, New Delhi Central Health Education Bureau.
14. Luis S.R Vas(2001) Master approaches to New age alternative therapies , New Delhi Pustak Mahal.
15. Phulgendhra Sinha (1976) Yoga cure for common diseases, Delhi, Orient paperbacks.
16. Joshi(1991) Yoga and Nature Cure therapy, New Delhi :Sterling Publishers Private Limited.
17. Garde R.K (1984) Yoga Therapy ,Bombay Taraprevala Sons & Co. Pvt Ltd.
18. Nagarathana R.H.R .Nagendra & Shanmantha Kanmani Narendran (2002) Yoga for common ailments and IAYT for different diseases, Bangalore: Swami Vivekananda Yoga Prakashana.
19. Sundaram Yogacharya(2004) Sundara Yogic Therapy, Coimbatore: the Yoga Publishing Home.
20. Karmananda Swami (2008) Yogic management of common diseases, Munger :Yoga Publications trust.
21. Nagarathna and Nagendra (2008) Integrated Approach of Yoga therapy for positive health, Bangalore : Swami Vivekananda Yoga Prakashana.

22. Chandrasekaran (2012) yoga therapy, Chennai :
VHF publications.
23. Gore, Varg, Iyengar and Oak (2008) yoga therapy
for skeletal diseases, Lonarla : Kaivalyadhama
24. Stiles Mukunda () Structural yoga therapy,
New Delhi : Goodwill publishing House
25. Mambora (2012) yoga for back and joint disorders
Mumbai : The yoga Institute
26. Kuralayandla Swami and Vinelkar (2011) yogic Therapy
Lonarla : Kaivalyadhama

METHODS OF YOGIC PRACTICES-

Unit I: Essentials of Yogic Practices: Cleanliness and food, Bath, Time, Sun, Closing eyes, Place, Mirror, Breathing, awareness, Age limitations, sequence Blanket, clothes, position, emptying the bowels and stomach, counter pose, pregnancy, contra-indications, duration, straining, special provisions for women and patients, fitness, posture, Side effects

Loosening the joints

Surya Namaskar: for children (10 steps)

Bihar School of yoga model

Vivekananda Kendra Model

Unit II: Asanas: Vrksasana, Parivrtta Trikonasana, Padahasthasana, Ushtrasana, Sirshasana, Halasana, Sravangasana, Masthasana, Bhujangasana, Salabhasana, Dhanurasana, Navasana, Bhujangasana, Siddha yoniasana, Ardha Matsyendrasana, Paschimottasana, Baddha Konasana, Kukutasana, Padmasana, Vajrasana, Siddhasana, Savasana

Unit III: Pranayama

Yogic Breathing

Kapalbhati, Bhramari

Ujjayi, Sheetali, Sheetkari, Bhastrika, Nadi Shodhana

Unit IV: Kriyas

Jalaneti, Sutrakriti

Bandhas

Jalandhara Bandha, Moola Bandha, uddiyana Bandha

Mudras

Chin mudra, chinmaya mudra, adi mudra, Brahma mudra, Bhairava mudra, Bhairavi mudra, Shanmuki mudra, Vipareeta karani Mudra, yoga mudra, ashwini mudra, nasiga mudra

Unit V: Meditation

Mantra Meditation, Yoga nidra, Surya yoga, Rajayoga meditation, Trataka Meditation,

Nine- centered meditation

References:-

- Iyenger B.K.S (1976) Light on yoga, London, Unwin paperbacks.
- Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of india.
- Satyanada sarawari swami (2008) Asana, Pranayama, Mudra, Bandha, mūnger: Yoga publications trust.
- Iyenger B.K.S (2008) Light on pranayama, New Delhi : Haper Collins publishers India.
- Chandrasekaran k (1999) Sound Health Through Yoga, Sedapatti: Prem kalyan Publications
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- Yogeshwaranand saraswathi swami (1975) First steps to higher yoga, Gangothari: Yoga niketan trust.
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YOGIC PRACTICES

Unit I: Loosening the joints

Surya Namaskar: for children (10 steps)
Bihar School of yoga model
Vivekananda Kendra Model

Unit II: Asanas: Vrksasana, Parivrtta Trikonasana, Padahasthasana, Ushtrasana, Sirshasana, Halasana, Sravangasana, Matsyasana, Bhujangasana, Salabhasana, Dhanurasana, Navasana, Bhujangasana, Siddha yonisasana, Ardha Matsyendrasana, Paschimottasana, Baddha Konasana, Kukutasana, Padmasana, Vajrasana, Siddhasana, Siddha yonisasana, Savasana

Unit III: Pranayama

Yogic Breathing

Kapalbhati, Bhramari

Ujjayi, Sheetali, Sheetkari, Bhastrika, Nadi Shodhana

Unit IV: Kriyas

Jalaneti, Sutranti

Bandhas

Jalandhara Bandha, Moola Bandha, uddiyana Bandha

Mudras

Chin mudra, chinmaya mudra, adi mudra, Brahma mudra, Bhairava mudra, Shanmukhi mudra, Vipareeta karani Mudra, yoga mudra, ashwini mudra, nasiga mudra

Unit V: Meditation

Mantra Meditation, Yoga nidra, Surya yoga, Rajayoga meditation, Trataka Meditation, Nine centered meditation

References:-

- Iyenger B.K.S (1976) Light on yoga, London, Unwin paperbacks.
- Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of india.
- Satyanada sarawari swami (2008) Asana, Pranayama, Mudra, Bandha, munger: Yoga publications trust.
- Iyenger B.K.S (2008) Light on pranayama, New Delhi : Haper Collins publishers India.
- Chandrasekaran k (1999) Sound Health Through Yoga, Sedapatti: Prem kalyan Publications
- Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books.
- Yogeshwaranand saraswathi swami (1975) First steps to higher yoga, Gangothari: Yoga niketan trust.
- Coulter,H David (2001) Anatomy and Hatha yoga, USA: Body and Breath Inc.
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- Kathy Lee Kappmeier and Diane M.Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics.
- Satyananda sararwati Swami (2007) Meditations from thitantras. Murgar: yoga publications Trust.

Paper V
VILLAGE PLACEMENT PROGRAMME

Duration : Five days
Date : During 1st Semester
Mode of Evaluation : Internal Assessment
Maximum Marks : 100
Subject : Yoga
Nature of Programme : to teach and train villagers.

Tamil Nadu Physical Education and Sports University
Chennai
Directorate of Distance Education
Department Of Yoga

Name of the course	Diploma course in Acupuncture
Eligibility	+ 2 Passed
Stream	Distance Education
Duration	One Year
Medium	English
Attendance	Minimum 80%
Year	2016-2017 onwards

Note: Students can use the course to teach and assist only; can't practice as a Doctor.

Diploma course in Acupuncture

Scheme of Examination:-

Sl.No	Paper Code	Year	Name of subject	Internal	External	Total
1.		I	Theory: Fundamentals of Acupuncture	25	75	100
2.			Basics of Anatomy and Therapies in Acupuncture	25	75	100
3.			Meridians and point selection in Acupuncture	25	75	100
4.			Practical: Clinical Applications in Acupuncture	25	75	100
5.			Village Placement Programme (VPP)	25	75	100
			Total			500

FUNDAMENTALS OF ACUPUNCTURE

UNIT I: Origin and History of Acupuncture -Acupuncture In India-Acupuncture In The Far East- Acupuncture In The West-Traditional Chinese Medicine (Tcm)-Taoism, Origin of Taoism and TMC - American Association of medical Acupuncture.

UNIT II: Definition and benefits of Acupuncture - Acupuncture Laser Acupuncture - Moxabustion And Cupping - Electro Acupuncture - American Academy Of Medical Acupuncture (Aama) - Benefits Of Acupuncture - Risks Of Acupuncture -The Five Organ Systems Of The Bod-Yin Yang theory, Principles of Yin Yang - Yin And Yang Theory - Encompassing Everything In The Universe - Integral To Chinese Culture For Thousands Of Years

UNIT III: Five Element Theory- Five Shu Points - Mother & Child Five Element Points - Selection of Acupuncture Points - Principles Of Point Selection-Organ clock theory, Extraordinary Organs - Governing Vessel Meridian Pathway & Point Locations - Conception Vessel Meridian Pathway & Point Locations.

UNIT IV:Health-Diseases-Exercise Therapy-Physiotherapy-Color Therapy-Music Therapy-Magneto Therapy –Heredity and environment-Growth and Development-Different Stages of life-Power of Mind-Concepts of Yoga therapy- Siddha-Ayurveda-Naturopathy.

UNIT V:Basics of Computer – Types of computer Networking - Internet Services - MS Office - Word – Excel- Power point – communication - Types and Role communication – Letter writing –Agenda preparation - Soft skills Development-Group Discussion.

References:

1. AntoJayasuriya,(2001),Clinical Acupuncture,B.Jain Publishers(P) Ltd, India
2. Five Element Constitutional Acupuncture by Angela Hicks, John Hicks Published October 27th 2004 by Churchill Livingstone
3. Andrew Ellis, (1994),Fundamentals of Chinese Acupuncture,Published by Paradigm Publications (MA).
4. Felix Mann, (January 12th 1973), Acupuncture: The Ancient Chinese Art of Healing and How it Works Scientifically, Vintage.
5. Peter Firebrace, (1994), A Guide to Acupuncture,Trans-Atlantic Publications,USA.
6. Michael Reed Gach, (1990), Acupressure's Potent Points: A Guide to Self-Care for Common Ailments, Bantam,US.

7. SherunasthakaminiNarendhan et.al (2008) Yoga and pregnancy-Bangalore: Swami Vivekananda Yoga Prakshana.
8. Nagarathna& Nagendra (2008) Yoga for Bronchial Asthma - Bangalore: Swami Vivekananda Yoga Prakshana

BASICS OF ANATOMY AND THERAPIES IN ACUPUNCTURE

UNIT -1

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

Nervous System: Classification of Nervous System : Central nervous system -Muscular Skeletal System : Bone - Types of Bone - Functions Joints - Types of joints - Function. Muscle - Types of Muscle - Functions - Muscle Tone

UNIT III

Cardiovascular System - Structure and Functions of Heart - Types of Circulation -Pulse - Heart sounds - Blood: Components of Blood plasma and its function -pancreas.

UNIT IV

Respiratory System - Respiration - Structure and Function of Lung - Digestive system : Structure and Function of Digestive Tract.

UNIT V

Excretory System : Nephron - Structure and functions of kidney - Concept of Urine - Reproductive system - Menstrual Cycle - Lactation – Acupuncture and its related organs.

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 Publsiher.
4. Anne Waugh & Alson Graunt (2005) Anatomy and Physiology in Health and Wellness, Allahabad, Churhcill Livingtone.
6. Clark Robert K (2005), Anatomy & Physiology - Understanding the Human body, Suddury, United States, Jones & Bartiett.
7. Shri Krishna (1985) Notes on Structure and Functions of Human body &

8. Effects of Yogic practices in it, Mumbai. ICYHC Kaivalyadhama.
9. Dutta Ray (2001) Yogi Exercises, New Delhi: Jaypee Brothers.
10. Shirley Telles (2006) A Glimpse of the human , Bangalore : Swami Vivekananda yoga prakashana
11. Leslie kaminoff (2007) yoga anatomy, champaign: Human Kinetics

MERIDIANS AND POINT SELECTION IN ACUPUNCTURE

UNIT I:

The Meridians-Lung: Metal Energy Yin Organ-Large Intestine: Metal Energy Yang Organ-Stomach: Earth Energy Yang Organ-Spleen: Earth Energy Yin Organ-Heart: : Fire Energy Yin Organ-Small Intestine: Fire Energy Yang Organ-Bladder: Water Energy Yang Organ-Kidney: Water Energy Yin Organ

UNIT II:

Pericardium: Fire Energy Yin Organ-Triple Burner: Fire Energy Yang Organ-Gallbladder: Wood Energy Yang Organ-Liver: Wood Energy Yin Organ. Governing Vessel, Conception Vessel.

UNIT III:

Five element theory, mother- son law, husband – wife law- organ clock Theory. The Five Transporting points. (Five-Shu)-Jing-well points -Ying-spring points-Shu-stream points -Jing-river - He-sea points.

UNIT IV:

Local Point selection-Distal Point Selection-Symptomatic Point Selection-Specific Point Usage-Points Based on Western Medical Theory-Combining Points.

UNIT V:

Diagnosis steps in acupuncture - Pulse Reading -The original place of pulse diagnosis in the Chinese tradition-Mai jing(pulse classic)-Aim and method of pulse diagnosis – Basic pulse reading – Pulse related to organs.

References:

1. Anojayasuriya,(2001),Clinical Acupuncture,B.Jain Publishers(P) Ltd, India.
2. Peter Deadman (2001), A Manual of Acupuncture, Kevin Baker Published Journal of Chinese Medicine.
3. Five Element Constitutional Acupuncture by Angela Hicks, John Hicks Published October 27th 2004 by Churchill Livingstone.
4. Angela Hicks, (June 23rd 2005) The Acupuncture Handbook: How Acupuncture Works and How It Can Help You, Published by Piatkus
5. Richard Tan, Twelve and Twelve in Acupuncture,(1996),Paperback, Australia.
6. Peter Firebrace, (1994), A Guide to Acupuncture, Trans-Atlantic Publications,USA.

7. Michael Reed Gach, (1990), Acupressure's Potent Points: A Guide to Self-Care for Common Ailments, Bantam, US. Michael Reed Gach, (1990), Acupressure's Potent Points: A Guide to Self-Care for Common Ailments, Bantam, US

PRACTICALS

CLINICAL PRACTICES IN ACUPUNCTURE

UNIT I: The Meridians-Lung: Metal Energy Yin Organ-Large Intestine: Metal Energy Yang Organ-Stomach: Earth Energy Yang Organ-Spleen: Earth Energy Yin Organ-Heart: : Fire Energy Yin Organ-Small Intestine: Fire Energy Yang Organ-Bladder: Water Energy Yang Organ-Kidney: Water Energy Yin Organ

UNIT II: Pericardium: Fire Energy Yin Organ-Triple Burner: Fire Energy Yang Organ-Gallbladder: Wood Energy Yang Organ-Liver: Wood Energy Yin Organ, Governing Vessel, Conception Vessel.

UNIT III: Five element theory, mother- son law, husband – wife law- organ clock Theory. The Five Transporting points. (Five-Shu)-Jing-well points -Ying-spring points-Shu-stream points -Jing-river -He-sea points.

UNIT IV: Local Point selection-Distal Point Selection-Symptomatic Point Selection-Specific Point Usage-Points Based on Western Medical Theory-Combining Points.

UNIT V: Diagnosis steps in acupuncture - Pulse Reading -The original place of pulse diagnosis in the Chinese tradition-Mai jing(pulse classic)-Aim and method of pulse diagnosis – Basic pulse reading – Pulse related to organs.

References:

1. Anojayasuriya, (2001), Clinical Acupuncture, B. Jain Publishers(P) Ltd, India.
2. Peter Deadman (2001), A Manual of Acupuncture, Kevin Baker Published Journal of Chinese Medicine.
3. Five Element Constitutional Acupuncture by Angela Hicks, John Hicks Published October 27th 2004 by Churchill Livingstone.
4. Angela Hicks, (June 23rd 2005) The Acupuncture Handbook: How Acupuncture Works and How It Can Help You, Published by Piatkus
5. Richard Tan, Twelve and Twelve in Acupuncture, (1996), Paperback, Australia.
6. Peter Firebrace, (1994) , A Guide to Acupuncture , Trans-Atlantic Publications, USA.

VILLAGE PLACEMENT PROGRAMME

Duration : Five Days

Date	:	During the Year
Mode of Evaluation	:	Assessment
Maximum Marks	:	100
Nature of Programme	:	To teach and train Villagers in Acupuncture.

Tamil Nadu Physical Education and Sports University

Chennai

Directorate of Distance Education

Department of yoga

Name of the course	PG Diploma in Yoga therapy, varma and Herbal Sciences
Eligibility	Any UG degree in Yoga/ Any degree with Diploma in Yoga or M.B.B.S or B.D.S or Degree in nursing or B.P.T or M.P.T or B.Y.N.S or B.H.M.S or B.A.M.S or B.U.M.S
Stream	Distance Education
Duration	One Year
Medium	English
Attendance	Minimum 80%
Year	2014 – 15 onwards

PG DIPLOMA IN YOGA THERAPY, VARMA AND HERBAL SCIENCES
SCHEME OF EXAMINATIONS

PAPER CODE	NAME OF THE SUBJECT	INTERNAL MARKS	EXTERNAL MARKS	TOTAL MARKS
	Yoga therapy	25	75	100
	Introduction to varmam	25	75	100
	Concepts of Herbal Sciences	25	75	100
	Introduction to Alternative Medicine and Therapies	25	75	100
	Clinical applications in Yoga therapy, Varmam and Herbal sciences	25	75	100
	Clinical practice in Yoga therapy, Varmam and Herbal sciences	25	75	100
	Village Placement Programme	100	-	100
Total				700

YOGA THERAPY

Unit I: History of yoga therapy- Essence and Principles of Yoga therapy- Physiology and pathology in the yoga- Shatra- koshas- doshas- Pancha prana- Assessment- observation- Palpation- Interview- Nadi Pariksa diagnosis- Application of therapeutic yoga practices- Modification- Yogic diet

Unit II: Application of traditional Indian medical systems and therapies:
Ayurveda – Doshas, Dinacarya, Ayurvedic diet, Panchakarma therapy
Siddha – Five elements theory, physical constituents, pathology
Naturopathy- Principles of naturopathy- modalities of naturopathy
Varmam and Thokkanam, Exercise therapy, Cryo therapy, Acupressure, Acupuncture, Chromo therapy, Magnet therapy, Music therapy

Unit III: Therapeutic application of yoga: High blood pressure, Obesity, Diabetes Mellitus, Asthma, Sinusitis, Migraine, Arthritis, Back pain, Thyroid problems, constipation, impotency, infertility, stroke and Epilepsy

Unit IV: Therapeutic application of yoga for psychological disorders:
Neurosis: stress, depression, eating disorders
Psychosis: Schizophrenia, autism, Bipolar disorders, dementia
Personality disorders: Paranoid, histrionic, drug addicts- Smoking, Alcoholism, Gambling

Unit V: Therapeutic application of yoga for the problems of women- Amenorrhea, Dysmenorrhea, menorrhagia, metrorrhagia, Hypomenorrhoea, oligomenorrhoea, polymenorrhoea, leucorrhoea, uterus related problems, miscarriage, pregnancy- Pre and post natal care

REFERENCES

1. Shenmashthakamini Narendhan et.al (2008) Yoga and pregnancy-Bangalore: Swami Vivekananda Yoga Prakshana.
2. Nagarathna & Nagendra (2008) Yoga for Bronchial Asthma – Bangalore: Swami Vivekananda Yoga Prakshana
3. Nagarathna & Nagendra (2007) Yoga for Digestive Disorders – Bangalore: Swami Vivekananda Yoga Prakshana
4. Sri Kant ss et.al (2008) Yoga for diabetes , Bangalore : Swami Vivekananda Yoga prakshana
5. Nagarathna & Nagendra (2008) Yoga for Hypertension & Heart disease – Bangalore :Swami Vivekananda Yoga prakshana
6. Nagarathna & Nagendra (2008) Yoga for Arthritis – Bangalore :Swami Vivekananda Yoga prakshana
7. Nagarathna & Nagendra (2008) Yoga for Back Pain – Bangalore :Swami Vivekananda Yoga prakshana
8. Sivananda Saraswati (1975), Yogic Theraphy Gawhati, Bramacharya Yogeswar Umachal Yojashram.
9. Dr. O.P Jaggi(2001) , Healing Systems , Delhi Orient paper backs
10. Swami Satyananda Saraswathi (2007) , Yoga and Cardiovascular Management Munger, Yoga Publications Trust.
11. Dr. Swami Shankerdevananda (2007) , Yoga Management of Asthma and Diabetes Munger ,Yoga Publications Trust .
12. Dr. Swami Shankerdevananda (2006) ,The Effect of Yoga on Hypertension, Munger ,Yoga Publications Trust.
13. Swami Kuavalayananda & Dr.S.C.Vinekar(1994), Yogic Theraphy, New Delhi Central Health Education Bureau.
14. Luis S.R Vas(2001) Master approaches to New age alternative therapies , New Delhi Pustak Mahal.
15. Phulgendhra Sinha (1976) Yoga cure for common diseases, Delhi, Orient paperbacks.
16. Joshi(1991) Yoga and Nature Cure theraphy, New Delhi :Sterling Publishers Private Limited.
17. Garde R.K (1984) Yoga Theraphy ,Bombay Taraprevala Sons & Co. Pvt Ltd.
18. Nagarathana R.H.R .Nagendra & Shanmantha Kanmani Narendran (2002) Yoga for common ailments and IAYT for different diseases, Bangalore: Swami Vivekananda Yoga Prakashana.
19. Sundaram Yogacharya(2004) Sundara Yogic Theraphy, Coimbatore: the Yoga Publishing Home.
20. Karmanenda Swami (2008) Yogic management of common diseases, Munger :Yoga Publications trust.
21. Nagarathna and Nagendra (2008) Integrated Approach of Yoga therapy for positive health, Bangalore : Swami Vivekananda Yoga Prakashana.

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for skeletal diseases, Lonarla : Kairalyadharma
24. Stiles Mukunda () Structural yoga therapy,
New Delhi : Goodwill publishing House
25. Namtara (2012) yoga for back and joint disorders
Mumbai : The yoga Institute
26. Kuralayamada Swami and Vinelcar (2011) yogic Therapy
Lonarla : Kairalyadharma

Paper –II

Introduction to Varmam

UNIT 1:

Varmam – Marmam- Names of Varmam- The origin and History of Varmam- Training Centre, Kalari of the North & South- Varmakalai- China and Japan- Guru Worship- current- Benevolence of Varmam and Varmakkalai.

UNIT- 2:

Types of Varma- Padu Varmam- Thodu Varmam- Thattu Varmam- Thadavu Varmam- Nakku Varmam, Nokku Varmam- Names of Padu varma in various text.

UNIT-3:

5 Body Parts (5 Kandams)- Six Adharam- Utkaruvi (Instinsic Factors)- Purakaruvi (Extrinsic Factors)- Three Mandals- Three Humours- Nadigal (nerves) Dasa Nadi (Nadi used in Diagr osis)- Asadhya Condition- curable Condition- Methods of Adangal- General Adangal Methods.

UNIT 4:

Treatment of Varma- Mantra to Sanctify- Water used for sprinkling- Nasiyam- Food (gruel)- Marundu- Othadam (fomentation)- Types of medicines- Lehyam, kudneer, Gulikai, Choornam, (Internal should be the advice of medical practitioner) Thylam (Oils and Ghee)- Melpucchu.

UNIT 5^{pe}

Rational behind the Varma- Nomenclature- The place of varma- Quality of the Varma and the symptoms- Both the location and the qualities of Varma.

Certain departures in the names of Varma.

References:

1. Varmakalai Enum Maruduvakali
Dr. Nanjil Ponnappan P
2. Varma Cuttiram
Dr.Shu Hikosaka, Prof. Norinaga Shimizu
3. Varma Medicine (General & Special) Fundamental of Varma Medicines
Prof. Dr.T.Kannan Rajaram.
4. Babaji's Kriyaa Hatha Yoga
Yogi Ramasunthaar, London.

Paper III

Concepts of Herbal Science

Unit I

Diseases and Nature cure treatment

Headache Eye troubles, Paralysis, Deaf and dumb fainting, mentally retardation, pain, skin diseases, diabetes, blood pressure, kidney problem, Digestive disorders, Lung diseases, cardiac diseases, Herbal food – Herbal Exercise therapy.

Unit II

Herbal Medicine preparation and its uses:

Herbal suranam, Herbal Thailam, Herbal Wax Preparation, Herbal Wax massage, Herbal Legiyam, Herbal Kasayam, Herbal Powders, Herbal tooth powder, Herbal Kalimbu, Herbal Tea, Herbal Soup and Herbal food.

Unit III

Medicinal benefits of Herbals:

Botanical name for Herbs – Family – Other names – growth places – Taste – usable parts - Medicinal values and usage.

Unit IV

Environment and Herbs

Panchaboothas - Environmental Pollution – Introduction of Herbs – Herbal growth and collection – Herbs for present Environment – Natural Agriculture – Vermi composed fertilizer – Panchakavyam – Bio-Fertilizer – Water Resources – Development and maintenance of water resources.

Unit V

Herbs in Trade - Role of Herbs in Commercial trade,

Preserving the Herbs – Quality control – Exporting Herbs to multinational companies-Small scale preparation to international trade, small scale and large scale trade – international trade enquiries.

References:

1. Murugesu Mudaliar, Gunapadam
2. Imcos – Herbal Medicine Preparation
3. Prof. Dr. Prema, Tamil University Siddha Medicine Professor's Books.
4. Dr. Rengarajan's Books.
5. S.Somasundaram Books
6. Dr.M.Shanmugavelu's Books.

INTRODUCTION TO ALTERNATIVE MEDICINE AND THERAPIES

Unit I: Assessment- observation- palpation- Diagnosis- Nadi pariksa- Examination- Planning- Yoga therapy, Ayurveda, Siddha, Naturopathy, Acupressure, Acupuncture. Physiotherapy

Unit II: Concepts of Yoga therapy: Principles of Yoga therapy- yogic practices for life style diseases

Unit III: Concepts of Siddha medicine: Principles of Siddha Medicine system. Five Elements theory, Three Biological Humors, Seven Physical Constitutents. Pancha Bhujas, Pancha Koshas, importance of Herbal medicine. Diet regulations. Varmam and Thokkanam, Treatment of Siddha Medicine for life style diseases.

Unit IV: Concepts of Ayurveda: Five elements Doshas, Gunas, Seven Dhatus, Nadis and Chakras, Features and approaches of Ayurveda, Hygienic principles in Ayurveda- Ayurvedic diet, Ayurvedic purification practices- Panchakarmas- Vamanan, Virechanam, basti, Anuvaasana, Nasya, Rakta Rasayana cikitsa, Vajikarana. Ayurvedic treatment for life style diseases

Unit V: Concepts of Naturopathy: Principles of Naturopathy
Methods of Naturopathy: Diet, Juice diet, Fasting, exercise, Enema, massage, color therapy, clay therapy, hydro therapy, sun bath, air bath, magneto therapy, treatment of naturotherapy for life style diseases.

References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
4. Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda, Haridwar: Divya Prakashan
5. Frawley David and Sandra Summerfield kozak (2011) Yoga for your type New Delhi: New Age Books,
6. Vasant Dattatray Lad (2007) Secrets of the pulse The Ancient art of Ayurvedic Pulse Diagnosis Delhi: Motilal Banarsidass Publishers Pvt.Ltd
7. Ashwini yogi (2011) Sanatan Kriya. The Ageless Dimension, New Delhi: Dhyana Foundation
8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books
9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vedmata Gayathri trust
12. Thirunarayanam (2012) Introduction to Siddha Medicine, Chennai: centre for Traditional Medicine and Research
13. Bakhru (2011) The complete Hand book of Nature cure, Mumbai: Jaico publishing House
14. Gala DR, Dhiren Gala and Sanjay gala (2008) Nature cure for common diseases, Ahmadabad: Navneet publications (India) Ltd.,
15. Murthy Chidananda (2010) yogic and naturopathic treatment for common ailments, New Delhi: Central council for research in Yoga and Naturopathy
16. Basavaraddi Ishwar (2012) Important therapeutic modalities used in Naturopathy, New Delhi. Central council for Research in Yoga & Natruopathy,
17. Murthy Chidananda(2011) Yoga and Naturopathy New Delhi: central council for Research in yoga and Naturopathy.

Paper V

CLINICAL APPLICATIONS in yoga therapy,

Varmam and Herbal Sciences

Unit I: Therapy: Assessment- observation- palpation- Diagnosis, nadi Pariksa-Examination- Planning

Unit II: Yogic practices and modifications for stress, High blood pressure- obesity, Diabetes, Asthma, Migraine, Arthritis, Back pain, constipation, Stroke, Epilepsy, infertility, psychological problems, women disorders

Unit III: Siddha treatment for life style diseases- treatment- Herbal medicine- Diet regulations

Unit IV: Panchakarma therapy: Abhyanga, Swedanam, Sirodhara, Nasyam, Njavarakizhi, Pizhichil

Unit V: Naturopathy: Therapeutic modalities: Mud pack, Hip bath, immersion bath, Spinal spray bath, hot foot bath, foot and arm bath, steam bath, Enema, hot and cold fomentation, wet sheet pack, Abdomen pack, chest pack, knee pack, leg pack, steam inhalation, color therapy, massage

Unit 4:

Padu Varma Points- Preparation method of External oil- Varma points in legs and thighs, Five kandam, Ailments and Varmam.

Unit 5:

Preparation of Herbal Medicine: Herbal Suranam, Herbal Thailam, Herbal wax Preparation, Herbal wax Massage, Herbal Legiyam, Herbal Tea, Herbal Powders, Herbal Kalimbu, Herbal Kasayam, Herbal Soup, Herbal food preparation.

Exercise Therapy treatment with herbal oil application for pain and paralysis

REFERENCES

1. Shenmasthanakamini Narendhan et.al (2008) Yoga and pregnancy-Bangalore: Swami Vivekananda Yoga Prakshana.
2. Nagarathna & Nagendra (2008) Yoga for Bronchial Asthma – Bangalore: Swami Vivekananda Yoga Prakshana
3. Nagarathna & Nagendra (2007) Yoga for Digestive Disorders – Bangalore: Swami Vivekananda Yoga Prakshana
4. Sri Kant ss et.al (2008) Yoga for diabetes , Bangalore : Swami Vivekananda Yoga prakshana
5. Nagarathna & Nagendra (2008) Yoga for Hypertension & Heart disease -- Bangalore :Swami Vivekananda Yoga prakshana
6. Nagarathna & Nagendra (2008) Yoga for Arthritis – Bangalore :Swami Vivekananda Yoga prakshana
7. Nagarathna & Nagendra (2008) Yoga for Back Pain -- Bangalore :Swami Vivekananda Yoga prakshana
8. Sivananda Saraswati (1975), Yogic Therapy Gawhati, Bramacharya Yogeswar Umachal Yojashram.
9. Dr. O.P Jaggi(2001) , Healing Systems , Delhi Orient paper backs
10. Swami Satyananda Saraswathi (2007) , Yoga and Cardiovascular Management Munger, Yoga Publications Trust.
11. Dr. Swami Shankerdevananda (2007) , Yoga Management of Asthma and Diabetes Munger ,Yoga Publications Trust .
12. Dr. Swami Shankerdevananda (2006) ,The Effect of Yoga on Hypertension, Munger ,Yoga Publications Trust.
13. Swami Kuavalayananda & Dr.S.C.Vinekar(1994), Yogic Therapy, New Delhi Central Health Education Bureau.
14. Luis S.R Vas(2001) Master approaches to New age alternative therapies , New Delhi Pustak Mahal.
15. Phulgendhra Sinha (1976) Yoga cure for common diseases, Delhi, Orient paperbacks.
16. Joshi(1991) Yoga and Nature Cure therapy, New Delhi :Sterling Publishers Private Limited.
17. Garde R.K (1984) Yoga Therapy ,Bombay Taraprevala Sons & Co. Pvt Ltd.
18. Nagarathana R.H.R .Nagendra & Shanmantha Kanmani Narendran (2002) Yoga for common ailments and IAYT for different diseases, Bangalore: Swami Vivekananda Yoga Prakashana.
19. Sundaram Yogacharya(2004) Sundara Yogic Therapy, Coimbatore: the Yoga Publishing Home.
20. Karmananda Swami (2008) Yogic management of common diseases, Munger :Yoga Publications trust.
21. Nagarathna and Nagendra (2008) Integrated Approach of Yoga therapy for positive health, Bangalore : Swami Vivekananda Yoga Prakashana.

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Mumbai : The yoga Institute
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Lonarla : Kairalyadharma

Paper VI

PRACTICAL II

Clinical Practice in yoga therapy, varmam and Herbal Sciences
LESSON PLAN

PART- 1

INTRODUCTION

Understanding the student

PART-2

Course planning

PART-3

Course delivery which includes instructions, demonstrations, corrections and clarifications.

PART-4

Methodology of assessment of effects of the techniques taught

PART-5

Review and follow up

References:

1. Translated by TKV Desikachar, 'Patanjali's Yoga Sutra', 1987, Chennai, KYM publications
 2. Translated by TKV Desikarchar, 'Nathamuni's Yoga Rahasya', 1998, Chennai, KYM publications
 3. TKV Desikachar, 'The Heart of Yoga', 2000, USA, Inner Traditions
 4. 'Davidson's principles and practice of medicine', Nicki R Colledge, Elsevier
 5. 'Harrison's principles of internal medicine', Anthony S.Fauci, The McGraw Hill Companies
 6. 'The complete Illustrated guide to Ayurveda', Gopi Warriar and Deepika Gunawant, Element Books Ltd.
- Translated by TKV Desikarchar, Nathamuni's Yoga Rahasya', 1998, Chennai, KYM publications

REFERENCES

1. Shenmasthanakamini Narendhan et.al (2008) Yoga and pregnancy-Bangalore: Swami Vivekananda Yoga Prakshana.
2. Nagarathna & Nagendra (2008) Yoga for Bronchial Asthma – Bangalore: Swami Vivekananda Yoga Prakshana
3. Nagarathna & Nagendra (2007) Yoga for Digestive Disorders – Bangalore: Swami Vivekananda Yoga Prakshana
4. Sri Kant ss et.al (2008) Yoga for diabetes , Bangalore : Swami Vivekananda Yoga prakshana
5. Nagarathna & Nagendra (2008) Yoga for Hypertension & Heart disease -- Bangalore :Swami Vivekananda Yoga prakshana
6. Nagarathna & Nagendra (2008) Yoga for Arthritis – Bangalore :Swami Vivekananda Yoga prakshana
7. Nagarathna & Nagendra (2008) Yoga for Back Pain – Bangalore :Swami Vivekananda Yoga prakshana
8. Sivananda Saraswati (1975), Yogic Therapy Gawhati, Bramacharya Yogeswar Umachal Yojashram.
9. Dr. O.P Jaggi(2001) , Healing Systems , Delhi Orient paper backs
10. Swami Satyananda Saraswathi (2007) , Yoga and Cardiovascular Management Munger, Yoga Publications Trust.
11. Dr. Swami Shankerdevananda (2007) , Yoga Management of Asthma and Diabetes Munger ,Yoga Publications Trust .
12. Dr. Swami Shankerdevananda (2006) ,The Effect of Yoga on Hypertension, Munger ,Yoga Publications Trust.
13. Swami Kuavalayananda & Dr.S.C.Vinekar(1994), Yogic Therapy, New Delhi Central Health Education Bureau.
14. Luis S.R Vas(2001) Master approaches to New age alternative therapies , New Delhi Pustak Mahal.
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17. Garde R.K (1984) Yoga Therapy ,Bombay Taraprevala Sons & Co. Pvt Ltd.
18. Nagarathana R.H.R .Nagendra & Shanmantha Kanmani Narendran (2002) Yoga for common ailments and IAYT for different diseases, Bangalore: Swami Vivekananda Yoga Prakashana.
19. Sundaram Yogacharya(2004) Sundara Yogic Therapy, Coimbatore: the Yoga Publishing Home.
20. Karmananda Swami (2008) Yogic management of common diseases, Munger :Yoga Publications trust.
21. Nagarathna and Nagendra (2008) Integrated Approach of Yoga therapy for positive health, Bangalore : Swami Vivekananda Yoga Prakashana.

Paper VII
VILLAGE PLACEMENT PROGRAMME

Duration : Five days
Date : During Semester
Mode of Evaluation : Internal Assessment
Maximum Marks : 100.
Subject : Yoga
Nature of Programme : to teach and train villagers.

FUNDAMENTALS IN SILAMBAM FENCING EDUCATION

Unit I

- Meaning – Definitions – Need – Nature – Aim and Objectives – Philosophy and Scope of Silambam Fencing – Modern spirits in Silambam Fencing – Misconceptions and Clarification about Silambam Fencing and Education, Silambam Fencing and Physical Education, Schools of Silambam Fencing.

Unit II

- History of Silambam Fencing – Origin, Self defense, Hunting for prey – Originised Hunting – Scientific neurology in trapping and hunting – evolution of scientific in the military circles Aasans/coaches and teachers constitutions.

Unit III

- Contribution to Silambam Fencing – jungle men Aasans/Coaches/Teachers – Festivals and Recreative aspects – Contributions of various exponents in diverse religious contributions through literature teachers and literary leaders – modern who gave a boot to...

Unit V

- Posture – Postural tane – Components of good posture – Bad Posture – Beneficial – Silambam Fencing practices on ...

METHODS OF YOGIC EXERCISES

UNIT I

- Concept of Silambam Fencing practices – Principles - ... Exercises (waring up and waring down exercises).
- Introduction to the battery of moral foot with pattern – Benefits of flexibility exercises – crossweber test.
- Military ... for body twirls.

UNIT II

- Silambam Fencing - a martial combat sport
- Difference between... physical exercises & techniques of Attach & Defense.
- Methods of practice, Breathing
- Obesities – control shell development, ... form enhanced – Balistic exercise.

UNIT III

- Methods in Fencing of body parts.
- Kerala Kattai
- Practices of pairs for “Shell learning” Dernas.

UNIT IV

- Fencing...
- Meaning of S.F. Scope of S.F.
- Controlled Sport for all

UNIT V

- Aerlatic Value
- Exercise value – for all age group for family enjoy...

PRACTICAL ON SILAMBAM FENCING

UNIT I

- Warm-up Routine – Freeland Exercises
- Slow jogging 50 meter
- Learning Exercises
- Arm rotation clockwise & anti-clockwise
- Jumping Jack – Bending & Stretching exercises – slow & fast 8 counts

UNIT II

- (Silambam wand) Drills
- Keep it in front – rains up and ... down.
- Tilt it to the left
- Tilt it to the right
- Centre grip (left to right swing)
- Right to left swing

UNIT III

- Hold stave in front of the chest – Two land proximal end grip.
- Jog and run backward
- Jog and run to the left side with cross step
- Jog and run to the right side with cross step
- Squat & hold the Stave at hip level & do whipping action to the left & turn right & alternate to left & right
- Military Swing – Dog/Swing.

UNIT IV

- Zig Zag running holding the Stave at chest level passing
- Run to the front
- Run to the rear with out turning.

UNIT V

- Two footed jump forward
- Two footed jump backward
- Under the arm-pit swing from the front to the back
- Under the arm- pit swing from the rear side to the front
- **Pivot Swings** : Three circle move forward
Four circle move to the rear

SILAMBAM FENCING PSYCHOLOGY AND THERAPIES

UNIT I

- Psychology – Meaning – Definitions – Natures – Need and scope of Psychology, Branches of Psychology, Relationship of Psychology and Silambam Fencing.
- Role of Silambam Fencing and Growth and Development – Learning – Motivation – Emotions and personality. Silambam Fencing for super consciousness – Silambam Fencing practices for balancing.
- Mind set – concentration.

UNIT II

- Meaning – Definitions – Need – Scope of Sportsman – Corps – volumes – learning through Silambam Fencing - as a martial combat Sport.

Challenges:

- Physical, Medical, Moral, Social, Cultural Sociological, Virtues, Leadership Training – Competitive Spirit.

UNIT III

- Physiology and pathology in the Silambam Fencing routine practices – Descriptions of the Glands – Common ailments – Introduction to alternative medicine and therapies .

UNIT IV

- Selective Silambam Fencing practices & exercise batteries for Heart Problems – Asthma, Arthritis, Back pains, Constipation, Diabetes mellitus, Obesity, Mental Disorders.
- Selective Silambam Fencing – for Anxiety, Stress, Mental Irregularities, Epilepsy, Diseases, Anxiety, Stress, menstrual irregularities.

UNIT V

- Silambam Fencing Diet (Ref. Tamil Book – Traditional & Balanced Diet man advocated – Nuts, Cashew, Walnut – Principles of Diet – Ideal Silambam Fencing Diet – Chart, Fitness, Wellness, Positive Health, Strength increasing factors.

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
CHENNAI-6

Name of the Course:	:	P.G.Diploma in Varma
Stream	:	Distance Education
Educational Qualification	:	Plus 2
Duration	:	One year
Medium of Instruction	:	English
Year of Commencement	:	2010 - 2011

P.G. DIPLOMA IN SCIENCE OF VARMAM

Theory Paper – I

Origin of Varmam & Philosophy

Unit – I

Originator of Varmam -Art of Varmam (Thanuology) –Adventure of the three kings with Indira – Indira's bewitchment with Urvashi –Appeal to Lord Siva – Advice and Instruction to the King – The Manifestation of Ayyan and Kaiyan –

Unit – II

Meeting of Ayyan and Kaiyan with the Pandiya King – The command of Pandiya King – Exhibition of the art of Varmam to the Chera King –

Unit – III

Varmam as Art and Medical Science -The Essence of Varmam –Kinds of life centres (Varmam) – Accidents and its effect on Man –Meaning of 'eman' –

Unit – IV

Kalai – Draw a sketch and show three kalai - The meaning of spark –Consequences of heat subsiding in the five elements -

Unit – V

General signs of defection to nerves -Body becomes stiff (dead) – Location of main adangals (key centres) -

Reference of books:

1. Origin of Thanuology
2. Philosophy of Thanuology
3. Indian Sports Medicine

By
Dr.S.Chidambarathanu Pillai

P.G. DIPLOMA IN SCIENCE OF VARMAM

Theory paper – II

Guide line for practitioners Bone fracture Nerve injury Disease Special treatments

Unit – I –

Key to Varma examination of patient - Medical practitioners – qualification – treatments- Daily & seasonal – Diet - Fracture – types – treatments – Dislocation –types – treatment .

Unit –II -

Injures to facial parts – treatment – bone dislocation – treatment – Special treatment – ladies – children

Unit – III -

Parmo kopia – medicine for various ailments

Unit – IV -

Guide for Treatment –Adangal (Key centres) – Common quality of affected life centre – Women getting life centres affected.

Unit – V -

Special impacts and its types - sprain, inner affection - Fracture at Anus - Restrictions of (Pathiyam) for impact ailments - Eye diseases, caused by impact - Retrieval method for convulsion - Knee joint comes out of its position - Bai bootha Varmam, if affected.

Books recommended

1. Wisdom of Dislocation, breakages and damages in Thanuology
2. Siddha system for Practitioners
3. Siddha system of Herbal cure Part - I
4. Siddha system of Herbal cure Part - II
5. Intellection in Thanuology
6. Diseases in Thanuology
7. Crescent of Thanuology
8. World Sports Revolution

By
Dr.S.Chidambarathanu Pillai

P.G. DIPLOMA IN SCIENCE OF VARMAM

Theory paper – III

ANATOMY AND PHYSIOLOGY

- UNIT I -** Introduction to anatomy and physiology Cell: Definition – Structure - Cell Organelles : Nucleus – Cytoplasm – Mitochondria – Endoplasmic – Reticulum – Ribosomes – Golgi Apparatus – Centrosomes & Centriols – plasma membrane – perioxosomes – Lysosomes.
- UNIT II -** Nervous System : Classification of Nervous System : Central nervous system – Peripheral Nervous System - Autonomic Nervous system – Structure and Function of brain and spinal cord – Neuron – Reflex Arc - Musculo Skeletal System: Bone – Type of Bone – Function. Joint – Types of joints – Function. Muscle – Types of Muscle – Functions – Muscle Tone
- UNIT III -** Cardiovascular System- Structure and Functions of Heart - Types of Circulation – Blood : Components of Blood plasma and its function – cellular components : Structure and Functions of RBC, WBC and platelets – Bloods Coagulation – Respiratory System – Respiration – Structure and Function of Lung – Mechanism of Breathing – Lung volumes and capacities – Oxygen and Carbon dioxide Transport
- UNIT IV-** Endocrine System – Endocrine Glands – Hormones – Functions of Hormones secreted by pituitary Gland – Thyroid gland – Parathyroid gland – Adrenal gland – pancreas – gonads – pineal gland – Thymus. Beneficial yogic practices on endocrine system - Digestive System : Structure and Function of Digestive Tract – Saliva – Deglutition – Peristalsis - Gastric Juice – Pancreatic Juice – Bile –Villi – Defecation.
- UNIT V -** Excretory System : Nephron – Structure and functions of kidney – Concept of Urine formation – skin structure and function

References:

1. Arthur C.Guyton & nJohn 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 Publishers.
4. Anne Waugh & Alson Graunt (2005) Anatomy and Physiology in Health and Wellness, Allahabad, Churhcill Livingtone.
5. Clark Robert K (2005) Anantomy & Physiology – Understanding the Human body, Suddury, United states, Jones & Bartiett.
6. Shri Krishna (1965) Notes on Structure and Functions of Human Body & Effects of Yogic practices in it, Mumbai. ICYHC Kaivalyadhama.
7. Dutta Ray (2011) 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.

P.G. DIPLOMA IN SCIENCE OF VARMAM

Fracture & Treatment & Pulse reading

Practicals - I :

Dislocation of knee joint –Dislocation of Elbow joint – Centre of palm injured or cut –Testicules moved up –

Main reasons for impact to nerves - Symptoms of impact to nerve centres –Bandage to broken elbow –Treatment to wrist bone fracture –In mobilation of the knee –Wrist bone fracture –

Use and preparation of the following

Preparation of Kayathirumeni oil –Relaxal oil –Paiyara Thailam –Nasiyam (Snuff) –
Decoction –

Pulse reading – Time – hands – seat of pulse – taste –Adjuvant for administration of medicine –
Four types of remedial measures for maintain health –Signs of death –

Qualification of a student aspiring to learn Varmam –Conduct of a Varma Medical practitioner –
Guide to determine impact at nerves –Ex ordinary symptoms of varma impacts

Reference of books:

1. Wisdom of Dislocations breakages and damages in Thanuology
2. Pulse reading in Thanuology
3. Concept of Thanuology

By
Dr.S.Chidambarathanu Pillai

P.G. DIPLOMA IN SCIENCE OF VARMAM

VARMA TREATMENT & MEDICINES

Practicals II :

Impacts and treatment – fermentation – herbal fusion – snuff.

Treatment of *Pai bootha Varmam (Uchi Varmam)* Impact to *Thontha Varmam* and its treatment
Oil for arthrities, caused by impact at knee cap Some key centres for retrieval

Treatment for breakage of Humerous bone Dislocation of ball at the foot – treatment Breakage of
Fore arm

Ailments for Umbra method treatment – Fomentation to chest pain Tilting of head – squint eye –
Treatment of Sanku Varmam -

Preparation of Kurunthoti oil, Climbing Brinjal ghee – Hen ghee – Decoction – Paste – Gruel
Herbal Infusion for bleeding Stop vomiting, fever & hiccup –Retention of urine and motion -

Reference of books:

1. Wisdom of Dislocations breakages and damages in Thanuology
2. Diseases in Thanuology
3. Pharmacopoeia in Thanuology
4. Mirror of Thanuology
5. Retrieval Techniques in Thanuology
6. Signet of Thanuology

By
Dr.S.Chidambarathanu Pillai

P.G. DIPLOMA IN SCIENCE OF VARMAM

VARMA TREATMENT & MEDICINES

Practicals II :

Impacts and treatment – fermentation – herbal fusion – snuff.

Treatment of *Pai bootha Varmam* (*Uchi Varmam*) Impact to *Thontha Varmam* and its treatment
Oil for arthrities, caused by impact at knee cap Some key centres for retrieval

Treatment for breakage of Humerous bone Dislocation of ball at the foot – treatment Breakage of
Fore arm

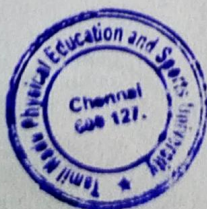
Ailments for Umbra method treatment – Fomentation to chest pain Tilting of head – squint eye –
Treatment of Sanku Varmam -

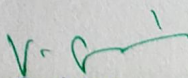
Preparation of Kurunthoti oil, Climbing Brinjal ghee – Hen ghee – Decoction – Paste – Gruel
Herbal Infusion for bleeding Stop vomiting, fever & hiccup –Retention of urine and motion -

Reference of books:

1. Wisdom of Dislocations breakages and damages in Thanuology
2. Diseases in Thanuology
3. Pharmacopoeia in Thanuology
4. Mirror of Thanuology
5. Retrieval Techniques in Thanuology
6. Signet of Thanuology

By
Dr.S.Chidambarathanu Pillai




Registrar
Tamilnadu Physical Education
and
Sports University
Chennai