

**M.A. YOGA & HEALTH THERAPY ( IInd. Semester)**

Theory ; 3 hours  
 Maximum Marks: 80  
 Int. Assessment : 20

	M. Marks	Int. A.	Ext. Practical	Total
<b>Paper-Ist. Yoga Philosophy (Yog Darshan)</b>	<b>80</b>	<b>20</b>	<b>50</b>	<b>150</b>
<b>Ext. MM =50 Marks</b>				
1. Project work according to theory			<b>05</b>	
2. Lesson Plan according to theory			<b>10</b>	
3. Practice of Shatkarma, Suryanamaskar and Yogic Sukshma and Sthula Vyayam Dheerendera Bramhchari and Pawan-Muktasana yogic series according to Munger Publication			<b>10</b>	
4. Practice of Pranayam			<b>05</b>	
5. Viva				<b>20</b>
<b>Paper-IIInd. Nature Cure Philosophy (prakritik Chikitsa Darshan)</b>	<b>80</b>	<b>20</b>	<b>50</b>	<b>150</b>
<b>Ext. MM =50 Marks</b>				
1. 1 <sup>st</sup> semester practical work show			<b>10</b>	
2. Identification of Naturopathy apparatus and uses			<b>10</b>	
3. Lesson plan				<b>10</b>
4. Viva				<b>20</b>
<b>Paper-IIIrd. Basic Physiotherapy</b>	<b>80</b>	<b>20</b>	<b>50</b>	<b>150</b>
<b>Ext. MM =50 Marks</b>				
1. 1 <sup>st</sup> semester practical work show			<b>10</b>	
2. Practical work from the above mentioned chapters			<b>10</b>	
3. Lesson plan				<b>10</b>
4. Viva				<b>20</b>
<b>Paper-IVth. Basic Anatomy</b>	<b>80</b>		<b>20</b>	<b>150</b>
<b>Ext. MM =50 Marks</b>				
1. As per theory			<b>10</b>	
2. Identification of organs			<b>20</b>	
3. Viva				<b>20</b>
<b>Paper-Vth. Basic Physiology</b>	<b>80</b>		<b>20</b>	<b>150</b>
<b>Ext. MM. – 50 Marks</b>				
1. As per theory				<b>10</b>
2. Uses of stethoscope, B.P. apparatus,				

Thermometer and weighing chart	20
3. Viva as per theory	20

**Total**      **750**

**M.A. YOGA & HEALTH THERAPY ( III rd. Semester)**

Theory ; 3 hours  
Maximum Marks: 80  
Int. Assessment : 20

	<b>Max. Marks</b>	<b>Int. Assessment</b>	<b>Total</b>
Paper-Ist. Yoga & Therapeutic Techniques (Kriyatmak Yog)	80	20	100
Paper-IIInd. Naturopathy (Prakritik Chikistsa)	80	20	100
Paper-IIIrd. Physiotherapy Management	80	20	100
Paper-IVth. Patient Rehabilitation	80	20	100
Paper-Vth. Hospital Management	80	20	<u>100</u>
			<b><u>Total- 500</u></b>

**M.A. YOGA & HEALTH THERAPY ( IVth. Semester)**

Theory ; 3 hours  
Maximum Marks: 80  
Int. Assessment : 20

	<b>Max. Marks</b>	<b>Int. Assessment</b>	<b>Ext. Practical</b>	<b>Total</b>
<b>Paper-Ist. Kriyatmak Yog (Yoga &amp; Therapeutic Techniques)</b>	<b>80</b>	<b>20</b>	<b>50</b>	<b>150</b>
<b><u>Ext. MM. - 50</u></b>		-		
1. As per I & II Semester.			05	
2. Lesson plan			05	
3. Yoga class taking & Demonstration as per theory.			20	
4. Viva as per theory			20	
<b>Paper-IIInd. Naturopathy (Prakritik Chikitsa)</b>	<b>80</b>	<b>20</b>	<b>50</b>	<b>150</b>
<b><u>Ext. MM. - 50</u></b>		-		
1. Project work according to theory.			10	
1. Lesson plan according to theory.			10	
2. Demonstration of therapeutic methods as per theory.			10	
3. Viva as per theory			20	
<b>Paper-IIIrd. Physiotherapy Management</b>	<b>80</b>	<b>20</b>	<b>50</b>	<b>150</b>
<b><u>Ext. MM. - 50</u></b>				
1. Project work according to theory.			10	
2. Lesson plan according to theory.			10	
3. Demonstration of therapeutic methods as per theory.			10	
4. Viva as per theory			20	
<b>Paper-IVth. Patient Rehabilitation</b>	<b>80</b>	<b>20</b>	<b>50</b>	<b>150</b>
<b><u>EXT.MM-50</u></b>				
<b>Paper-Vth. Hospital Management</b>	<b>80</b>	<b>20</b>	<b>50</b>	<b>150</b>
<b><u>Ext. MM. - 50</u></b>			-	
1. Project work according to theory.			10	
2. Lesson plan according to theory -			10	
3. Demonstration of therapeutic methods as per theory.			10	

4. Viva as per theory

20  
**Total** 750

**SYLLABUS FOR**  
**M.A- YOGA AND HEALTH THERAPY**  
**(SEMSTER-I)**

**M.M.-80**  
**INT. -20**  
**TIME- 3 HRS.**

**PAPER-I      **YOGA PHILOSOPHY (YOG-DARSHAN)****

**\*NOTE:** Paper setter is required to set 02 questions from each unit I,II,III, IV. Unit Vth. Will consist of 10 questions of short answer distributed all over the syllabus. The candidates required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 02 marks each.

**UNIT-I**

**CONTENTS:** Life history and work on Yogic literature of Swami Swatmaram, Swami Gherand, Swami Deerendra Bramhachari and Guru Gorakshnath.

**UNIT-II**

**CONTENTS:** What is Raj, Hatha, Ghatastha, Shadang, Jap, Kundalini, Bhakti and Shankhya yog with the description of related literature.

**UNIT-III**

**CONTENTS:** Life history and work on Yogic literature of Marishi Patanjali, Swami Charandas, Matsyendranath, Rishi Kashyap and V.K.S. Ayanger.

**UNIT-IV**

**CONTENTS:** What is Yog-Darshan and Shad-Darshan. Give in detailed external universe discipline i.e. Yam and Niyam and its comparative study according to following yogic text i.e. Patanjali Yog Darshan, Hath-Yog, Gheranda-yog, Swami Charandas and yog-Vashishtha.

**UNIT-V**

**CONTENTS:** Short type of 10 questions selected from I to IV units. Each have 02 marks and all are compulsory.

## (SEMSTER-I)

M.M.-80  
INT. -20  
TIME- 3 HRS.

### **PAPER-II NATURE CURE PHILOSOPHY (PRAKRITIK CHIKITSA DARSHAN)**

\*NOTE: Paper setter is required to set 02 questions from each unit I,II,III, IV. Unit Vth. Will consist of 10 questions of short answer distributed all over the syllabus. The candidates required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 02 marks each.

#### **UNIT-I**

**CONTENTS :** Naturopathy (Naturo-Pathya-Vigyanam): Its meaning, definitions according to different naturopathy pioneer Bhartiya as well as other countries specially Dr. M Jassawala, Dr. K.R. Diskash, Dr. V.Venkat Rao, Dr. Sardar S.J. Singh, Dr. H. Lindlahar, Dr. H. Benjanain, Dr. Bendict lust etc., and its importance in Human life.

#### **UNIT-II**

**CONTENTS:** Basic 10 Principals of Naturopathy, Definitions of Nature cure, Health Disease, healing and disease crises, Toxic matter theory according to Dr. H. Lindlarhar and Basic principles.

#### **UNIT-III**

**CONTENTS:** Nature-cure, Panch-Mahabhuta and Vishudha-Ayurveda relations, what is shad-mahabhuta, Swakalp.

- Bhavna, Panchkosh and body, effect of Paryavaran on the Human.
- Body, Nature-cure and Panch-mahabhuta.

#### **UNIT-IV**

**CONTENTS:** Life History of some naturopathic pioneer's- Dr. H Lindlahar, Vincent Priessnitz, Leuis Kuhna, Dr. Sardar S.S. Singh, Dr. K.R. Pilkash Dr. V. Venkata Rao, Dr. V.D. Modri, Dr. V. Krishanm Raju, Mahatma Gandhiji.

#### **UNIT-V**

**CONTENTS:** Short type of 10 questions selected from I to IV units. Each have 02 marks and all are compulsory.

## (SEMSTER-I)

M.M.-80  
INT. -20  
TIME- 3 HRS.

### **PAPER- III BASIC PHYSIOTHERAPY**

\*NOTE: Paper setter is required to set 02 questions from each unit I,II,III, IV. Unit Vth. Will consist of 10 questions of short answer distributed all over the syllabus. The candidates required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 02 marks each.

#### **UNIT-I**

**CONTENTS:** An introduction to Movements, Exercise therapy, Active movement, Passive movements, starting positions, derived positions, assisted exercises, resisted exercises.

#### **UNIT-II**

**CONTENTS:** Types, location, direction & Magnitude of Motion, Definition of Forces, Force of gravity, Line of gravity, ground reaction force, Equilibrium, Levers, Work etc.

#### **UNIT-III**

**CONTENTS:** Joint structure, types of joints, function of joints, joint mobility, General effects of disease, injury and immobilization on joints.

#### **UNIT IV**

**CONTENTS:** Muscles structure, function, general effects of immobilization, injury, ageing on Muscles, Manual Muscle testing (MMT).

#### **UNIT-V**

**CONTENTS:** Short type of 10 questions selected from I to IV units. Each have 2 marks and all are compulsory.

## (SEMSTER-I)

M.M.-80  
INT. -20  
TIME- 3 HRS.

### PAPER-IV    **BASICS OF ANATOMY**

\*NOTE: Paper setter is required to set 02 questions from each unit I,II,III, IV. Unit Vth. Will consist of 10 questions of short answer distributed all over the syllabus. The candidates required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 02 marks each.

#### UNIT-I

**CONTENTS:**    Basic knowledge of Gastro intestinal tract with diagramme i.e. oral cavity, esophagus, stomach, small and large intestine, liver & gall bladder.

#### UNIT-II

**CONTENTS:**    Basic knowledge of respiratory system with diagramme i.e. nasal-passage, trachea, lungs and diaphragm.

#### UNIT-III

**CONTENTS:**    Basic knowledge of Heart & Blood vessels with diagramme i.e. Heart, Pericardium, aorta and its branches, coronary artery, veins and artery of the body.

#### UNIT-IV

**CONTENTS:**    Basic knowledge of urinary system with diagramme i.e. kidney, ureter, Urinary bladder, urethra and related glands.

#### UNIT-V

**CONTENTS:**    Short type of 10 questions selected from I to IV units. Each have 2 marks and all are compulsory.



## (SEMSTER-I)

M.M.-80  
INT. -20  
TIME- 3 HRS.

### **PAPER -V BASIC PHYSIOLOGY**

\*NOTE: Paper setter is required to set 02 questions from each unit I,II,III, IV. Unit Vth. Will consist of 10 questions of short answer distributed all over the syllabus. The candidates required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 02 marks each.

#### **UNIT-I**

**CONTENTS:** Basic knowledge of physiology of Digestive system and name of Diseases (i.e. chewing, digestion, assimilation & excretion).

#### **UNIT-II**

**CONTENTS:** Basic knowledge of Respiratory system and name of diseases (i.e. process of mechanism of breathing and uses of oxygen in the body).

#### **UNIT-III**

**CONTENTS:** Basic knowledge of Heart and blood vessels and name of diseases (i.e. function of blood pumping and transportation of blood in the body via arteary and veins).

#### **UNIT-IV**

**CONTENTS:** Basic knowledge of urinary system and name of diseases explain (i.e. mechanism of urine formation and excretion from the body).

#### **UNIT -V**

**CONTENTS:** Short type of 10 questions selected from I to IV units. Each have 2 marks and all are compulsory.

# M.A- YOGA AND HEALTH THERAPY

## (SEMSTER-II)

M.M.-80  
INT. -20  
TIME- 3 HRS.

### PAPER-I     **YOGA PHILOSOPHY (YOG- DARSHAN)**

\*NOTE: Paper setter is required to set 02 questions from each unit I,II,III, IV. Unit Vth. Will consist of 10 questions of short answer distributed all over the syllabus. The candidates required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 02 marks each.

#### UNIT-I

**CONTENTS:** What is the meaning and explanation of Karmyog and Ashtang-yog according to Shrimadbhagwat Geeta and other's yogic literature. Yog-philosophy according to Upanishad, Ved's, Ayurved, Ramayan and Meemansha etc.

#### UNIT-II

**CONTENTS:** Explanation with scientific approach of asna's according to different yogic text i.e. Swami Charandas, Gherand Samhita, Kaivalyadham, Guru-Gorkshnath, Swami Swatmaram, V.K.S. Ayanger and Munger Publications. Mahrishi Patanjali, Swami Swatmajan.

#### UNIT-III

**CONTENTS:** What is pranayam Philosophy according to different yogic texts such as Mahrishi patanjali, Swami Charandas, Gherand Samhita, Guru- Gorakshnath and Swami-Swatmaram.

#### UNIT-IV

**CONTENTS:** What are Pratyahar, Dhyan, Dharna and Samadhi according to different yogic tents and modern yogic-literature.

#### UNIT-V

**CONTENTS:** Short type of 10 questions selected from I to IV units. Each have 02 marks and all are compulsory.

#### PRACTICAL:

Ext. MM. - 50

- |    |  |    |
|----|--|----|
| 1. | Project work according to theory   | 05 |
| 2. | Lesson Plan according to theory  | 10 |
| 3. | Practice of Shatkarma, Suryanamaskar and Yogic<br>Sukshma and Sthula Vyayam Dheerendera<br>Bramhchari and Pawan-Muktasana yogic series | 10 |

according to Munger Publication

- |           |                      |           |
|-----------|----------------------|-----------|
| <b>4.</b> | Practice of Pranayam | <b>05</b> |
| <b>5.</b> | Viva                 | <b>20</b> |

## (SEMSTER-II)

M.M.-80  
INT. -20  
TIME- 3 HRS

### **PAPER - II NATURECURE PHILOSOPHY (PRAKRITIK CHIKITSA DARSHAN)**

\*NOTE: Paper setter is required to set 02 questions from each unit I,II,III, IV. Unit Vth. Will consist of 10 questions of short answer distributed all over the syllabus. The candidates required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 02 marks each.

#### **UNIT – I**

**CONTENTS:** Explanation of Jal Mahabhuta Techniques in detailed and its methods and uses in the therapy.

#### **UNIT -II**

**CONTENTS:** Explanation of Prithvi Mahabhuta Techniques in detailed and its Methods and uses in the therapy.

#### **UNIT -III**

**CONTENTS:** Explanation of Agni Mahabhuta and chromotherapy techniques in Detailed and its methods and uses in the therapy.

#### **UNIT -IV**

**CONTENTS:** Explanation of Vayu and Akash mahabhuta techniques in detailed and its methods and uses in the therapy. What is the Massage and Accupressure and its uses.

#### **UNIT -V**

**CONTENTS:** Short type of 10 questions selected from I to IV units. Each have 2 marks and all are compulsory.

#### **PRACTICAL**

**Ext. MM. - 50**

- |    |  |    |
|----|--|----|
| 1. | 1 <sup>st</sup> semester practical work show     | 10 |
| 2. | Identification of Naturopathy apparatus and uses | 10 |
| 3. | Lesson plan                                      | 10 |
| 4. | Viva   | 20 |

## (SEMSTER-II)

M.M-80  
INT. -20  
TIME- 3 HRS.

### Paper -III BASIC PHYSIOTHERAPY

\*NOTE: Paper setter is required to set 02 questions from each unit I,II,III, IV. Unit Vth. Will consist of 10 questions of short answer distributed all over the syllabus. The candidates required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 02 marks each.

#### UNIT - I

CONTENTS: Interferential current therapy, Ultrasonic therapy, TENS, Hydro-Collateral bath, Wax bath Traction.

#### UNIT -II

CONTENTS: Tilt table, paralalled bar, shoulder wheel and pulley, quadriceps table, Finger-ladder exercises, theraband & theratubes

#### UNIT -III

CONTENTS: Good & bad posture, posture assessment, pillow placements for general body relaxation.

#### UNIT -IV

CONTENTS: Grading of Joint mobilization, suspension therapy unit, Goniometry.

#### UNIT -V

CONTENTS: Short type of 10 questions selected from I to IV units. Each have 2 marks and all are compulsory.

#### PRACTICAL

Ext. MM. - 50

- |    |  |    |
|----|--|----|
| 1. | 1 <sup>st</sup> semester practical work show     | 10 |
| 2. | Practical work from the above mentioned chapters | 10 |
| 3. | Lesson plan                                      | 10 |
| 4. | Viva   | 20 |

## (SEMSTER-II)

M.M.-80  
INT. -20  
TIME- 3 HRS.

### PAPER -IV BASICS OF ANATOMY

\*NOTE: Paper setter is required to set 02 questions from each unit I,II,III, IV. Unit Vth. Will consist of 10 questions of short answer distributed all over the syllabus. The candidates required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 02 marks each.

#### UNIT - I

CONTENTS: Basic knowledge of Endocrinal system with diagramme i.e. Pituitary Thyroid, para thyroid, thymus, pancrease, adrenaline, testies & ovary.

#### UNIT - II

CONTENTS: Basic knowledge of Eye and Ear with diagramme i.e. Iris, retina, pupil, Conjunctiva, eye ball ext. and int., ear outer, middle and inner part.

#### UNIT -III

CONTENTS: Basic knowledge of Genital system with diagramme i.e. ovary, uterus, vagina, testies and related organs.

#### UNIT -IV

CONTENTS: Basic knowledge of Blood with diagramme i.e. RBC, WBC, HB, platelets, plasma etc.

#### UNIT -V

CONTENTS: Short type of 10 questions selected from I to IV units. Each have 2 marks and all are compulsory.

#### PRACTICAL

Ext. MM. - 50

4.	As per theory	10
2	Identification of organs	20
3	Viva	20

## (SEMSTER-II)

M.M.-80  
INT. -20  
TIME- 3 HRS.

### PAPER -V BASIC PHYSIOLOGY

\*NOTE: Paper setter is required to set 02 questions from each unit I,II,III, IV. Unit Vth. Will consist of 10 questions of short answer distributed all over the syllabus. The candidates required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 02 marks each.

#### UNIT -I

**CONTENTS:** Basic knowledge of physiology of Endocrinal system and its diseases (i.e. pitatary, thyroid, parathyroid, pancreas, adrenal, ovary and testosterone its function.

#### UNIT -II

**CONTENTS:** Basic knowledge of Eye, Ear and name of diseases (i.e. mechanism of Vision and listening.

#### UNIT -III

**CONTENTS:** Basic knowledge of blood and name of diseases (i.e. functions of blood and formation of blood in the body.

#### UNIT -IV

**CONTENTS:** Measurement and record of vital data i.e. B.P., P.R., R.R., Temperature, Weight, water input & output, calories requirement and consumption, What is effect of exercises on above.

#### UNIT -V

**CONTENTS:** Short type of 10 questions selected from I to IV units. Each have 2 marks and all are compulsory.

#### PRACTICAL

Ext. MM. - 50

- |    |   |    |
|----|---|----|
| 1. | As per theory   | 10 |
| 2. | Uses of stethoscope, B.P. apparatus, Thermometer and weighing chart | 20 |
| 3. | Viva as per theory  | 20 |

# **M.A- YOGA AND HEALTH THERAPY**

**SEMESTER-IIIrd.**

**M.M.-80**

**INT. -20**

**TIME- 3 HRS.**

## **PAPER-I YOGA & THERAPEUTIC TECHNIQUES (KRIYATMAK YOG)**

**\*NOTE:** Paper setter is required to set 02 questions from each unit I,II,III, IV. Unit Vth. Will consist of 10 questions of short answer distributed all over the syllabus. The candidates required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 02 marks each.

### **UNIT – I**

**CONTENTS:** Explanation of Sthula (Five), Sukshma Vyayam (48 nos.) according to Dheerendra Bramchari and using according to diseases.

### **UNIT –II**

**CONTENTS:** Detailed of Suryanamaskar-some important Asnas i.e. Sheershasan, Sarvang, Hal, Pascchimottan, Ushtra, Bhujang, Bhadra, Matyendra, Matsya, Padma, Siddha, Vajra, Shashak, Nauka, Utthanpad, Merudand, Gingha, Chakta, Goraksha, Gomukh, Akarna-Dhanu and how to use in the different type of diseases.

### **UNIT -III**

**CONTENTS:** Explanation and therapeutic uses of Mudra (Hast & all other's according to Gherand Samhita)

### **UNIT- IV**

**CONTENTS:** Explanation and therapeutic uses of Bandha, Nad and Kriya yog according to Yogic text, Swar sadhna.

### **UNIT -V**

**CONTENTS:** Short type of 10 questions selected from I to IV units. Each have 2 marks and all are compulsory.



**SEMESTER-IIIrd.**

**M.M.-80**

**INT. -20  
TIME- 3 HRS.**

**PAPER-II NATUROPATHY (PRAKRITIK CHIKISTSA)**

**\*NOTE:** Paper setter is required to set 02 questions from each unit I,II,III, IV. Unit Vth. Will consist of 10 questions of short answer distributed all over the syllabus. The candidates required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 02 marks each.

**UNIT – I**

**CONTENTS:** What is diet, Balanced Diet, Ahar, Ritucharya, Bemel Bhojan, Water Drinking method and purification, Eating technique and Hygienic food and unhygienic food and Antioxidents. Balanced diet for different groups-child, mother, old age and young age.

**UNIT -II**

**CONTENTS:** Explanation & uses of Carbohydrates, Protein and fat in different Kinds of ailments in the human body.

**UNIT -III**

**CONTENTS:** Explanation and uses of vitamins, Minerals, Salts and toughs in different kinds of ailments in the human body.

**UNIT -IV**

**CONTENTS:** What is sprouted and uses, juices, soup and its uses in treatment, ideal cooking of food for healthy living. How to uses of spices groups in Cooking of different. Kinds of food items and its importance.

**UNIT -V**

**CONTENTS:** Short type of 10 questions selected from I to IV units. Each have 2 marks and all are compulsory.

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**SEMESTER –IIIrd.**

**M.M.-80**

**INT. -20**

**TIME- 3 HRS.**

**Paper-III PHYSIOTHERAPY MANAGEMENT**

**\*NOTE:** Paper setter is required to set 02 questions from each unit I,II,III, IV. Unit Vth. Will consist of 10 questions of short answer distributed all over the syllabus. The candidates required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 02 marks each.

**UNIT – I**

**CONTENTS:** Instructing the patient, general assessment of patient, treatment planning.

**UNIT -II**

**CONTENTS:** Description of Gait, its determinants, Gait cycle, Pathological gaits, Gait training, indication and contraindication of Heating & Cooling.

**UNIT -III**

**CONTENTS:** Progressive resisted exercises, breathing exercises, joint mobility exercises, uses of mobilization etc.

**UNIT -IV**

**CONTENTS:** Massage – classification, techniques, uses of co-ordination, co-ordination exercises, general balancing exercises.

**UNIT -V**

**CONTENTS:** Short type of 10 questions selected from I to IV units. Each have 2 marks and all are compulsory.

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**SEMESTER- IIIrd.**

**M.M.-80**

**INT. -20**

**TIME- 3 HRS.**

**PAPER-IV PATIENT REHABILITATION**

**\*NOTE:** Paper setter is required to set 02 questions from each unit I,II,III, IV. Unit Vth. Will consist of 10 questions of short answer distributed all over the syllabus. The candidates required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 02 marks each.

**UNIT – I**

**CONTENTS:** Introduction of rehabilitation, rehabilitation team, delivery of Rehabilitation care.

**UNIT -II**

**CONTENTS:** Socio-legal aspects of rehabilitation, vocational rehabilitation, Architectural barriers, Activities of daily living.

**UNIT -III**

**CONTENTS:** Pain-Introduction and purpose, Aetiology, classification, pain pathways, receptors, pain gate theory, evaluation of the patient with pain.

**UNIT -IV**

**CONTENTS:** Mobility aids, orthosis, upperlimb and lower limb, prosthesis

**UNIT -V**

**CONTENTS:** Short type of 10 questions selected from I to IV units. Each have 2 marks and all are compulsory.

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**PAPER-V HOSPITAL MANAGEMENT**

**\*NOTE:** Paper setter is required to set 02 questions from each unit I,II,III, IV. Unit Vth. Will consist of 10 questions of short answer distributed all over the syllabus. The candidates required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 02 marks each.

**UNIT – I**

**CONTENTS:** How to manage treatment section of Naturopathy, Yoga & Physio-Therapy i.e. Treatment timing, cleaning, ventilation, Hygiene, Sanitation, Attendant, Treatment accessories of different types of Therapy, power supply, water supply etc.

**UNIT -II**

**CONTENTS:** How to manage Indoor patient department i.e. Receiving & Welcome, Bed Making, Hygiene, Sanitation, Water, Admit and Discharge, timings, Recreation, Sports, any first aid, washing daily necessary required articles.

**UNIT -III**

**CONTENTS:** How to manage outdoor patient department, i.e. Receiving & Welcome, treatment, Security, Changing & locker room, proper Hygiene & sanitation, water and power supply.

**UNIT -IV**

**CONTENTS:** How to increase income and control on expenditure. Proper management

**UNIT -V**

**CONTENTS:** Short type of 10 questions selected from I to IV units. Each have 2 marks and all are compulsory.

# M.A. - YOGA AND HEALTH THERAPY

SEMESTER-IVth.

M.M.-80  
INT. -20  
TIME- 3 HRS.

## **PAPER-I KRIYATMAK YOG (YOGA & THERAPEUTIC TECHNIQUES)**

\*NOTE: Paper setter is required to set 02 questions from each unit I,II,III, IV. Unit Vth. Will consist of 10 questions of short answer distributed all over the syllabus. The candidates required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 02 marks each.

### UNIT – I

**CONTENTS:** What is Shatkarma in Gheranda Samhita. Explanation and uses of Shatkarma in different kinds of ailments.

### UNIT –II

**CONTENTS:** Explanation and scientific approach of Pranayam in different kinds of Human ailments according to VKS Ayenger, Kaivalya dham, Munger publication and its effect.

### UNIT -III

**CONTENTS:** Explanation of different type of Dhyan according to uses i.e. Om Sahaj Bhavateet, Nasikagra, Chakra, Vipashyana, Prekshha, dhyan. How to uses of Dhyan in stress management. Uses of Music Meditation.

### UNIT IV

**CONTENTS:** Explain the psychology of yoga according to available different literature.

### UNIT -V

**CONTENTS:** Short type of 10 questions selected from I to IV units. Each have 2 marks and all are compulsory.

### PRACTICAL

Ext. MM. - 50

1. As per I & II Semester. **05**
2. Lesson plan **05**
3. Yoga class taking & Demonstration as per theory. **20**
4. Viva as per theory **20**

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**SEMESTER-IVth.**

**M.M.-80**

**INT. -20**

**TIME- 3 HRS.**

**PAPER-II NATUROPATHY (PRIKRITIK CHIKITSA)**

\*NOTE: Paper setter is required to set 02 questions from each unit I,II,III, IV. Unit Vth. Will consist of 10 questions of short answer distributed all over the syllabus. The candidates required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 02 marks each.

**UNIT – I**

**CONTENTS:** Treatment of disease through Naturopathy Techniques of Digestive System diseases i.e. Constipation, Acidity, Diarrhoea, Piles, Ulcer's of stomach and intestine, Collitis, Pyorrhoea and Sorethroat.

**UNIT –II**

**CONTENTS:** Treatment of diseases through Naturopathic Techniques of Chest Problems i.e. Asthma, Tuberculosis of Lungs, Bronchitis, Common cold, Pleurisy, chest pain, Angina, Ribs pain and liver disease.

**UNIT -III**

**CONTENTS:** Treatment of - Paralysis, Sciatica, Osteoarthritis, Lumber & Cervical, Spondilitis, joints pain, Gout, Rheumatoid Arthritis, Headache, High & low Blood Pressure, Anemia, Eye, Ear and Skin and boils.

**UNIT- IV**

**CONTENTS:** Treatment of -Diabetes, obesity, Menopausal Syndrome, Thyroid, fever, Insomnia, Depression and Daily life injuries i.e. Burn, sting, Bites, wound, fractures, drawing etc.

**UNIT -V**

**CONTENTS:** Short type of 10 questions selected from I to IV units. Each have 2 marks and all are compulsory.

**PRACTICAL**

**Ext. MM. - 50**

- |    |   |           |
|----|---|-----------|
| 1. | Project work according to theory.                   | <b>10</b> |
| 2. | Lesson plan according to theory.                    | <b>10</b> |
| 3. | Demonstration of therapeutic methods as per theory. | <b>10</b> |
| 4. | Viva as per theory                                  | <b>20</b> |

**SEMESTER-IVth.**

**M.M.-80**

**INT. -20  
TIME- 3 HRS.**

**PAPER-III PHYSIOTHERAPY MANAGEMENT**

**\*NOTE:** Paper setter is required to set 02 questions from each unit I,II,III, IV & V consists of 10 questions of short answer distributed all over the syllabus. The candidates required to attempt one question from each unit having 15 marks and the V unit is compulsory for all consisting 02 marks each.

**UNIT – I**

**CONTENTS:** Stretching Exercises, Treatment plan for the osteoarthritis, low back pain, frozen shoulder, cervical spondylities.

**UNIT –II**

**CONTENTS:** Rice protocol for the acute injury & Treatment of chronic conditions.

**UNIT -III**

**CONTENTS:** Relaxed passive movements, Active exercises, relaxation techniques.

**UNIT- IV**

**CONTENTS:** Proprioceptive Neuromuscular Rehabilitation (PNF)

**UNIT -V**

**CONTENTS:** Short type of 10 questions selected from I to IV units. Each have 2 marks and all are compulsory.

**PRACTICAL**

**Ext. MM. - 50**

- |    |   |           |
|----|---|-----------|
| 1. | Project work according to theory.                   | <b>10</b> |
| 2. | Lesson plan according to theory.                    | <b>10</b> |
| 3. | Demonstration of therapeutic methods as per theory. | <b>10</b> |
| 4. | Viva as per theory                                  | <b>20</b> |

**SEMESTER –IVth.**

**M.M.-80  
INT. -20  
TIME- 3 HRS.**

**PAPER-IV PATIENT REHABILITATION**

**\*NOTE:** Paper setter is required to set 02 questions from each unit I,II,III, IV. Unit Vth. Will consist of 10 questions of short answer distributed all over the syllabus. The candidates required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 02 marks each.

**UNIT – I**

**CONTENTS:** Gait training using crutches and cane physical agents used in treatment of pain.

**UNIT –II**

**CONTENTS:** Rehabilitation of the patients with cerebralpalsy, stroke, poliomyelitis, Burns, fractures.

**UNIT -III**

**CONTENTS:** Role of physiotherapist in rehabilitation, rehabilitation of cardio-Respiratory dysfunctions.

**UNIT- IV**

**CONTENTS:** Ergonomic advice, principles in management of communication impairments.

**UNIT -V**

**CONTENTS:** Short type of 10 questions selected from I to IV units. Each have 2 marks and all are compulsory.

**PRACTICAL**

**EXT.MM-50**



## SEMESTER-IVth.

M.M.-80  
INT. -20  
TIME- 3 HRS.

### PAPER-V HOSPITAL MANAGEMENT

\*NOTE: Paper setter is required to set 02 questions from each unit I,II,III, IV. Unit Vth. Will consist of 10 questions of short answer distributed all over the syllabus. The candidates required to attempt one question from each unit having 15 marks and the Vth. unit is compulsory for all consisting 02 marks each.

#### UNIT – I

**CONTENTS:** How to proper arrange of instruments without any obstruction to the patients and space. Recreation for patient, how to create cheerful atmosphere of treatment section, How to create stress free atmosphere of Hospital, proper uses of time of patients and attendant.

#### UNIT –II

**CONTENTS:** How to manage kitchen i.e. proper supply of juice according to patient requirement on time, cooked vegetable, quantity, proper identification, looking attractive, good taste, dining hall sitting area, proper ventilation and atmosphere around the dining hall, timely arranged all food items without delay.

#### UNIT -III

**CONTENTS:** How to manage sell counter of Hospital, proper dress of Hospital workers, patients etc., cleaning dusting, gardening of each area, notice board, today slogan display and display of proper instruction daily, patient Nos. & disease of the patient display board daily.

#### UNIT IV

**CONTENTS:** Daily prayer arrangements, guest lecturer and doctors lecture arrangement timely, proper nursing of patient, take-care of patient and with his/her attendant, maintenance of instrument time to time, B.E.P., Timely launched new programme in Media.

#### UNIT -V

**CONTENTS:** Short type of 10 questions selected from I to IV units. Each have 2 marks and all are compulsory.

#### PRACTICAL

Ext. MM. - 50

- |    |   |    |
|----|---|----|
| 1. | Project work according to theory.                   | 10 |
| 2. | Lesson plan according to theory -                   | 10 |
| 3. | Demonstration of therapeutic methods as per theory. | 10 |
| 4. | Viva as per theory                                  | 20 |