



**Somaiya Vidyavihar University**

**Syllabus**

**Diploma in Yoga Therapy**

**From  
Academic Year 2020-21**

**Revision 1**

**K J Somaiya Institute of Dharma Studies**

**Bharatiya Sanskriti Peetham**

**Somaiya Vidyavihar University, Mumbai - 400077**

**(Constituent Academic Unit-23 of SVU)**

**Preamble:**

Yoga basically aims at physical and mental healing. However, the therapy course is specially designed to utilize various aspects of Yoga as an instrument to cure certain health problems. It works on both physical and mental level.

It incorporates various postures, breathing exercises, Kriya-s etc. It also introduces the students with body systems and their functions. The students who wish to explore the career opportunities in the fields of healthcare. There can be curative and preventive treatment for various diseases with the help of Yoga therapy.

**Duration:** 1 year

**Eligibility:** H.S.C. or equivalent. Successful completion of one year Diploma in Yoga from any of the recognized institutes.

**Fees:** Rs. 7000/- for one year

### Grade Table

Marks (%)	Grade points	Grade	Performance
80 and above	10	O	Outstanding
70-79.99	9	A+	Excellent
60-69.99	8	A	Very Good
55-59.99	7	B+	Good
50-54.99	6	B	Above Average
45-49.99	5	C	Average
40-44.99	4	D	Pass
FF	FAIL		
XX	ABSENT		
UM	UNFAIR MEANS		

### Diploma in Yoga Therapy Credit Scheme

Course Code	Course Name	Teaching Scheme (Hrs.) TH – P – TUT	Total Hrs.	Credits Assigned TH – P – TUT	Total Credits	Course Category
123N08C101	Yogic Therapy	1 – 0 – 1	02	1 – 0 – 1	06	-
123N08C102	Application of Yoga Therapy	2 – 0 – 1	03	2 – 0 – 1	09	-
123N08Y101	Case Study	0 - 8 - 0	08	0 - 4 - 0	04	-
123N08P101	Practical	0 – 1 – 0	01	0 – 1 – 0	03	-
<b>Total</b>		<b>3 – 9 – 2</b>	<b>14</b>	<b>3 – 5 – 2</b>	<b>22</b>	<b>-</b>

### Examination Scheme

Course Code	Course Name	Examination Scheme & Marks						
		Continuous Assessment (CA)		End Semester Examination (ESE)	Term Work (TW)	Oral* (O)	Practical and Oral (P and O)	Total
		In Semester Examination (ISE)	Internal Assessment (IA)					
123N08C101	Yogic Therapy	-	30	70	-	-	-	100
123N08C102	Application of Yoga Therapy	-	30	70	-	-	-	100
123N08Y101	Case Study	-	-	-	50	50	-	100
123N08P101	Practical	-	30	-	-	-	70	100
<b>Total</b>		<b>-</b>	<b>90</b>	<b>140</b>	<b>50</b>	<b>50</b>	<b>70</b>	<b>400</b>

### Syllabus

**1.**

Paper / Course Code	Paper / Course Title
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123N08C101	Yogic Therapy						
	TH		P		TUT		Total
Teaching Scheme (Hrs.)	01		--		01		02
Credits Assigned	01		--		01		06
Examination Scheme	Marks						
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	--	--	--	--	30	70	100

**Course Objectives:**

To teach about history & basic principles of Yoga therapy, definition of health, characteristics of healthy person, Traditional Medical System, basic qualities of a Yoga Therapist

**Course Outcomes:**

At the end of successful completion of the course the students will be able to understand the history and origin of therapy. They can get the knowledge about the therapeutic use of Yoga.

Module No.	Unit No.	Topics	Hours
1.0		Unit 1	10
	1.1	History & Basic Principles of Yogic Therapy	
2.0		Unit 2	10
	2.1	Definition of Health, Characteristics of Healthy person, Health factors, Concept of Holistic Health and WHO; Concept of Aadhi, Vyaadhi and Panchakosha.	
3.0		Unit 3	10
	3.1	Traditional Medical System, Complementary Alternate & Medical (CAM) system like Naturopathy, Acupressure, Rieki, Pranic Healing, Massage, etc. and few Alternate Systems like Ayurveda, Homeopathy, Unani, Siddha	
4.0		Unit 4	05
	4.1	Basic qualities of a Yoga Therapist, Limitations of Yogic Therapy	
5.0		Unit 5	10
	5.1	Basic Principles of Psychology; Counseling skills of Yoga; Role of Yogic Diet	
		Total Hours	45

**Recommended books:**

Sr.	Name/s of Author/s	Title of Book	Name of Publisher	Edition
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No.			with country	and Year of Publication
1	Kuvalayananda Swami & Vinekar S.L.	Yogic Therapy: Its basic principles and methods	Kaivalayadham Shriman Madhav Yogamandir Samiti, Lonavla, India	1st edi., 2011
2	Suman, K. K. & Ahluwalia, V. K.	Yoga Therapy	Lotus press, New Delhi, India	1st edi., 2006
3	Neeraj, N. K.	Miracles of Naturopathy and Yogic Sciences	Popular Book Depot, Jaipur, India	2nd edi., 2015
4	सक्सेना, ओमप्रकाश	वृहद प्राकृतिक चिकित्सा	हिंदी सेवा सदन, मथुरा, भारत	२ रा संस्क., २०१७
5	सावंत, दुर्गादास	निसर्गाहार: निरामय जीवनासाठी निसर्गानुकूल आहार	योग विद्या निकेतन, मुंबई, भारत	१ ली आवृत्ती, २०१७
6	Keith, Kenyon	Acupressure Cure For Common Diseases	Orient Paperbacks, Delhi, India	2005
7	Shukla, R. C.	Reiki and alternative therapies	V & S Publishers, New Delhi, India	2017
8	जैन, देवेंद्र	रेकी से चिकित्सा कैसे करे	पापुलर बुक डेपो, जयपूर, भारत	२ रा संस्क., २०१३
9	Sui, Choa Cok	The ancient science and art of pranic healing: practical manual on energy healing	Institute for inner studies, Bangalore, India	2013
10	सुई, चोआ	प्राणशक्ती उपचार: प्राणिक हिलींग	योग निकेतन ट्रस्ट, दिल्ली, भारत	७ वी आवृत्ती, २०१३
11	Johari, Harish	Ancient Indian Massage: Traditional Massage Techniques based on the Ayurveda	Munshiram Manoharlal Publisher Pvt. Ltd., New Delhi, India	1st edi., 2016
12	Lad, Vasant	Ayurveda: the science of self healing	Motilal Banarasidass Publishers Pvt. Ltd., Delhi, India	12th edi., 2011

13	द्विवेदी, मु., शर्मा, ता. और मिश्रा, भै.	आयुर्वेदीय पंचकर्म चिकित्सा, खंड १-२	चोखम्भा संस्कृत प्रतिष्ठान, दिल्ली, भारत	२०१७
14	जोशी, महादेवशास्त्री (संपा.)	भारतीय संस्कृतीकोश, खंड ०१-१०	भारतीय संस्कृतीकोश मंडळ, पुणे, भारत	२०१०
15	Singh, Daljit	Unani Chikitsasar	Shri Baidyanath Ayurveda Bhavan Ltd., Ilahabad, India	2018
16	अग्रवाल, आर. एस. और अग्रवाल, एन.	प्राचीन यूनानी चिकित्सासार	मनोज पब्लिकेशन, दिल्ली, भारत	१० वा संस्क., २०१७
17	Dhama, K. P. S. Dhama, Suman	Homoeopathy: The complete handbook	Ubs Publishers and Distributors Ltd., New Delhi, India	1st edi., 1994
18	सिद्धांतलंकार, सत्यव्रत	होमिओपैथी के मूल सिद्धांत	विजयकृष्ण लाखनपाल, नई दिल्ली, भारत	-
19	Baron, R. M.	Psychology	Pearson education, Delhi, India	5th edi., 2012
20	अस्थाना, मधु और वर्मा, किरण	व्यक्तित्व मनोविज्ञान	मोतीलाल बनारसीदास पब्लिशर्स प्रा. लि., दिल्ली, भारत	४ था संस्क., २०१२

## 2.

Paper / Course Code	Paper / Course Title						
123N08C102	Application of Yoga Therapy						
	TH		P		TUT		Total
Teaching Scheme (Hrs.)	02		--		01		03
Credits Assigned	02		--		01		09
Examination Scheme	Marks						
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	--	--	--	--	30	70	100

### Course Objectives:

To teach about various systems of the human body, application of various therapies in the treatment of some common diseases.

**Course Outcomes:**

At the end of successful completion of the course the students will be able to get clarity about bodily systems and use of Yoga in various therapies.

<b>Module No.</b>	<b>Unit No.</b>	<b>Topics</b>	<b>Hours</b>
<b>1.0</b>		<b>Unit 1: Common diseases/ disorders relating to various systems of Human Body</b>	<b>50</b>
	<b>1.1</b>	Musculo-Skeletal System	
	<b>1.2</b>	Digestive System	
	<b>1.3</b>	Respiratory System	
	<b>1.4</b>	Circulatory System	
	<b>1.5</b>	Nervous System	
	<b>1.6</b>	Endocrine System	
	<b>1.7</b>	Reproductive system	
	<b>1.8</b>	Reproductive system	
<b>2.0</b>		<b>Unit 2: Application of Yogic Therapy for Management of</b>	<b>40</b>
	<b>2.1</b>	Backache, Neckache, Joint disorders like Gout, Arthritis etc	
	<b>2.2</b>	Gastro intestinal disorders	
	<b>2.3</b>	COPD (Asthama, Bronchitis, etc.	
	<b>2.4</b>	Hypertension, other cardio vascular diseases	
	<b>2.5</b>	Epilepsy, Migraine, Headaches, other mental disorders such as frustration, depression, conflicts, obsession, anxiety, etc.	
	<b>2.6</b>	Diabetes, obesity, Stress, thyroid related disorders	
	<b>2.7</b>	General health problems of women, Pregnancy, etc.	
	<b>2.8</b>	General health problems related to Childrens, their growth, concentration, Memory, etc.	
	<b>2.9</b>	General health problems related to old age (Gerontology/ Geriatrics)	
		<b>Total Hours</b>	<b>90</b>

**Recommended books:**

<b>Sr No</b>	<b>Name/s of Author/s</b>	<b>Title of Book</b>	<b>Name of Publisher with country</b>	<b>Edition and Year of Publication</b>
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1	Kaul, H. Kumar	Encyclopaedia of yoga for common disease (6 Vols)	B.R. Publishing Corporation, Delhi, India	1st edi., 2015
2	Swami Karmananda	Yogic Management of Common Diseases	Yoga Publications Trust, Munger, India	2005
3	Kuvalayananda Swami & Vinekar S.L.	Yogic Therapy : its basic principles and methods	Kaivalyadham Shriman Madhav Yogamandir Samiti, Lonavla, India	1st edi., 2011
4	Suman, K. K. & Ahluwalia, V. K.	Yoga Therapy	Lotus press, New Delhi, India	1st edi., 2006
5	Swami Satyananda Saraswathi	Yoga therapy in asthma, diabetes and heart diseases	The yoga institute, Mumbai, India	2002
6	Gore M. M., Vaze D. R., Kulkarni S. A. & Oak J. P.	Yoga Therapy for Selected Diseases	Kaivalyadham, Lonavla, India	1st edi., 2012
7	मंडलिक, विश्वास	योगोपचार	योगचैतन्य प्रकाशन, नाशिक, भारत	५ वी आवृत्ती, २०१५
8	मंडलिक, विश्वास	योगोपचार: हिंदी संस्करण	योगचैतन्य प्रकाशन, नाशिक, भारत	१ ला संस्क., २००२
9	कुवल्यानंद स्वामी और विणेकर, स. ल.	योगिक चिकित्सा: मुल सिद्धांत तथा प्रणाली	कैवल्यधाम, लोणावला, भारत	१ ला संस्क., -

### 3.

Paper / Course Code	Paper / Course Title						
123N08Y101	Case Study						
	TH		P		TUT		Total
Teaching Scheme (Hrs.)	--		08		--		08
Credits Assigned	--		04		--		04
Examination Scheme	Marks						
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	50	--	--	--	50	--	100

**Course Objectives:**

To make students observe the effect of Yoga in curative as well as preventive way in some health disorders and write the report based on their observations.

**Course Outcomes:**

At the end of successful completion of the course the students will be able to know the applied usage of Yoga in treatment of some common disorders.

Module No.	Unit No.	Topics	Hours
1.0		Case Study	8

**Recommended books:**

Sr. No.	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Mohanty, P. P. Pattnaik, M.	Managing Common Musculoskeletal Conditions by Physiotherapy and Yoga	Jaypee Brothers Medical Publishers (P) Ltd., New Delhi, India	1st edi., 2008

**4.**

Paper / Course Code	Paper / Course Title						
123N08P101	Practical						
	TH		P		TUT		Total
Teaching Scheme (Hrs.)	--		01		--		01
Credits Assigned	--		01		--		03
Examination Scheme	Marks						
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	--	--	--	70	30	--	100

**Course Objectives:**

To teach the basics of Yogic Practices, application of simple yogic kriyas, Ashta-Kumbhakas and Yogic practices for prevention, control and management of certain diseases.

**Course Outcomes:**

At the end of successful completion of the course the students will be able to perform various types of postures, kriya-s, meditative exercises with accuracy and authenticity of the procedure.

<b>Module No.</b>	<b>Unit No.</b>	<b>Topics</b>	<b>Hours</b>
<b>1.0</b>		<b>Unit 1</b>	<b>10</b>
	<b>1.1</b>	Basics of Yogic Practices (Asana, Pranayama, Bandha, Mudra, Kriya and Dhyana)	
<b>2.0</b>		<b>Unit 2</b>	<b>10</b>
	<b>2.1</b>	Application of Simple Yogic Kriyas for ensuring health of the Sensory Organs	
<b>3.0</b>		<b>Unit 3</b>	<b>10</b>
	<b>3.1</b>	Ashta-Kumbhakas (Pranayama) and their Therapeutic Applications	
<b>4.0</b>		<b>Unit 4</b>	<b>15</b>
	<b>4.1</b>	Yogic practices for prevention, control and management of certain common diseases / disorders relating to various human body systems.	
	<b>4.1.1</b>	Yoga for musculo-skeletal disorders	
	<b>4.1.2</b>	Yoga for Diabetes	
	<b>4.1.3</b>	Yoga for Thyroid problems	
	<b>4.1.4</b>	Yoga for Hypertension	
	<b>4.1.5</b>	Yoga for Asthama	
	<b>4.1.6</b>	Yoga for Geriatric care and related disorders	
	<b>4.1.7</b>	Yoga for Gastro intestinal disorders	
	<b>4.1.8</b>	Yoga for women's health and related disorders	
	<b>4.1.9</b>	Yoga for Mental health, Mental disorders	
	<b>4.1.10</b>	Yoga for Children	
	<b>4.1.11</b>	Yoga for Stress Management	
		<b>Total Hours</b>	<b>45</b>

**Recommended books:**

<b>Sr No</b>	<b>Name/s of Author/s</b>	<b>Title of Book</b>	<b>Name of Publisher with country</b>	<b>Edition and Year of Publication</b>
1	Satyananda Saraswati	Asana Pranayama Mudra Bandha	Yoga Publications Trust, Munger, India	4th edi., 2013
2	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (हिंदी)	योग पब्लिकेशन्स ट्रस्ट,	३ रा संस्क.,

			मुंगेर, भारत	२००६
3	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (मराठी)	योग पब्लिकेशन्स ट्रस्ट, मुंगेर, भारत	२००२
4	आनंद ऋषी	ध्यानप्रचीती: ध्यानाच्या विविध मार्गाविषयी अनुभवसिद्ध मार्गदर्शन	नविन प्रकाशन, पुणे, भारत	२ री आवृत्ती, २०१३
5	Kuvalayananda Swami	Pranayama	Kaivalyadhama, Lonavla, India	11th edi., 2010
6	Yogendra Jayadeva	Yoga for Back and Joint Disorders	The Yoga Institute, Mumbai, India	1997
7	Shankardevananda Saraswati	Yogic Management of Asthma & Diabetes	Yoga Publications Trust, Munger, Bihar, India	2nd edi., 1986
8	Nagarathna, R. Nagendra, H. R.	Yoga Hypertension and Heart Disease	Swami Vivekananda Yoga Prakashan, Bangalore, India	2015
9	Iyengar, Geeta	Yoga: A Gem for Women	B.R. Publishing Corporation, Delhi, 2008	2008
10	अय्यंगार, गीता	स्त्रियांसाठी योग: एक वरदान	रोहन प्रकाशन, पुणे, भारत	४ थी आवृत्ती, २०१५
11	Bhagal, R. S.	Yoga and mental health and beyond: a guide to self management	Kaivalyadhama, Lonavla, India	1st edi., 2019
12	भोगल, र. स.	योग एवम मानसिक स्वास्थ्य: स्वस्थ जीवन की एक मार्गदर्शिका	कैवल्यधाम, लोणावला, भारत	१ ला संस्क., २०१२
13	Satyananda Saraswati	Yoga education for children	Yoga Publications Trust, Munger, India	2007
14	Niranjanananda Saraswati	Yoga education for children vol. 2	Yoga Publications Trust, Munger, India	2012
15	सत्यानंद सरस्वती	बच्चों के लिए योग शिक्षा	योग पब्लिकेशन्स ट्रस्ट, मुंगेर, भारत	२ रा संस्क., २०१३
16	Nagendra, H. R.	New perspectives in stress management	Vivekananda Kendra	1998

			Yoga Prakashan, Bangalore, India	
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