



Savitribai Phule Pune University
(Formerly University of Pune)

under the
Faculty of Inter-disciplinary Studies
School of Education

Syllabus for
Foundation Course in Rehabilitation and Pain
Management through Yogic Therapy

(F.C.R.P.M.Y.T)

Credit System

(Academic Year 2023-2024)

Certificate Course in Rehabilitation and pain management in Yoga

OBJECTIVES:-

- To enable student to become competent and committed professionals willing to perform to develop yoga treatment and pain management.
- To make student to use competencies and skills needed for becoming an effective Yoga therapist.
- To enable student to understand the aim of Yoga.
- To acquaint student with the practical knowledge of Asana, Kriyas, Pranayama, Bandhas -Mudras, & Meditation.
- To get acquainted with the knowledge of augmented yogic Therapy.
- To enable student to prepare the Yoga program and to know how to conduct the yoga lesson.

DURATION:-

- The duration of the course shall be three months. (180Hours.)
- Each working day shall consist of three hours with hybrid mode. (Online and offline)
- Every Saturday and Sunday offline.

ELIGIBILITY FOR ADMISSION :-

- Minimum XII Std. or equivalent examination passed from Govt. Board
- **Age Limit :-** 18 to 60 Years (Both inclusive)
- **Intake Capacity :-** 50 Students Only
- **Medical Test :-** Candidates should be medically fit and sound.

COURSE FEE :-

Category	Sub - Category	Fees to be paid
A	A-1 : Indian Students	Rs. 20,000/- (Rupees Twenty-Five Thousand only)
	A-2 : International Students	Rs. 40,000/- (Rupees Forty thousand only) *International Students should apply through International Centre, SPPU.

MEDIUM OF INSTRUCTION AND EXAMINATION: -

- Medium of instruction will be in Marathi and/or English and question papers shall be set in Marathi & English.

ELIGIBILITY FOR APPEARING AT Certificate Course in Rehabilitation and pain management in Yoga EXAMINATION:-

Student should have at least 75% Attendance during the Course. He / She should complete all the practical and other related work expected in all parts of the syllabus. A student who misses more than 25% of the scheduled classes will not be allowed to appear for the exam.

GENERAL INSTRUCTIONS:-

- The **Certificate Course in Rehabilitation and pain management in Yoga** consists of **12 credits**.
- One credit will be equivalent to 15 clock hours of student-teacher contact.
- Details of the theoretical and practical components are given in the structure of the program.
- Internal evaluation will follow Continuous Comprehensive Evaluation procedures. Internal evaluation should be done on every credit of each course or minimum two per course as decided by the teacher concerned.

RULES & REGULATIONS:-

The **Certificate Course in Rehabilitation and pain management in Yoga** will be awarded to a student who completes a total of 12 credits.

Each course will have

- 50 % of marks for Final Examination
- 50 % marks for Internal Assessment

Each core unit will have an Internal (continuous) assessment of 50 % of marks and a teacher may select a minimum of two of the following procedures:

- Written Test
- Lecture / Library Notes
- Seminar Presentation
- Short Quizzes
- Assignments
- Field Work

- To pass a student shall have to get minimum aggregate 30% marks in each head of passing (i.e. internal assessment and final examination) and minimum aggregate 40% marks in each course.
- Internal assessment answer book may be shown to the students concerned but not the final examination answer scripts.
- While marks will be given for all examinations, they will be converted into grades. The final grade sheets and transcripts will have only grades and grade-point average.
- To pass a student shall have to get minimum aggregate 40% marks (E and above on grade point scale) in each course.
- The system of evaluation will be as follows: Each assignment/ test will be evaluated in terms of marks. The marks for separate assignment and the final examination will be added together and converted into a grade and later grade point average. Results will be declared after the final examination which will give grades, grade point average and the Final Grade.

EVALUATION SCALE FOR INDIVIDUAL SUBJECT:-

<u>Percent</u>	<u>Grade</u>	<u>GradePoints</u>
80 to 100	O : Outstanding	10
70 to 79	A + : Excellent	09
60 to 69	A : Very Good	08
55 to 59	B+ : Good	07
50 to 54	B : Above Average	06
45 to 49	C : Average	05
40 to 44	P : Pass	04
00 to 39	F : Fail	00
--	Ab: Absent	00

The formula for conversion of Grade point average (GPA) into the final grade

09.00	-	10.00	-	O
08.50	-	08.99	-	A+
07.50	-	08.49	-	A
06.50	-	07.49	-	B+
05.50	-	06.49	-	B
04.25	-	05.49	-	C
04.00	-	04.24	-	P
00.00	-	03..99	-	F

$$CGPA = \frac{\sum (\text{Grade Points} \times \text{Credits})}{\sum (\text{Earned Credits})}$$

STRUCTURE OF THE COURSE: -

Part	Subject Code	Subject Name	Hours	Credits
I Theory	RY-1	Diet and nutrition	30	02
	RY-2	Ancient yogic text	30	02
	RY-3	Anatomy and Physiology of Yogic Practices	30	02
	RY-4	Yogic skills of pain management	30	02
	Total Part-I			120
II Practical	RY-5	Yogic Practices (Practical) and practicum	60	04
	RY-6	Internship (4 patients)	120	08
	Total Part-II			180
Total Course			300	20

SYLLABUS**RY- 1 DIET AND NUTRITION**

Concepts of diet,
Concepts of nutrition
Importance of diet in life style diseases
Role of diet in structural disorder
Concepts of balance diet
Role of micro and macro nutrition in health

RY- 2 ANCIENT YOGIC TEXT

Patanjal yoga darshan – concepts of Asana, pranayama, Dhyan, samadhi
Hatah yoga - concepts of Asana, pranayama, Dhyan, Bandha, mudra, shatkriya
Hatha Ratnawali – Basic concepts and therapeutic benefits of hatha ratnawali

RY - 3 ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES

- Structure of cell, tissue, organ
- Introduction to human body and all systems.
- Postural physiology from therapy aspects for lordosis, kyphosis, scoliosis in reference to asana.
- Asana- definitions and classifications, and its relationship with disease management
- Relation of respiratory system with pranayama, deep breathing and its role in therapy
- Introduction to kriyas, mudras and Bandha in brief and its role in disease management.

RY- 4 YOGIC SKILLS OF PAIN MANAGERMENTS

- Basic concepts in Ayurveda – Tridosh, Ahar, Vihar, Vichar, Sapta dhatu,
- Flour remedy for pain management
- Basic concepts in physiotherapy, body landmark, C.G, technique of pain management.
- Yogic counselling technique and importance of philosophy in counselling

RY – 5 YOGIC PRACTICES (PRACTICAL)

➤ **Asanas**

Classical yoga asana, back bend, forward bend, twisting, inverted postures,
Augmented yoga asana on structural disorders (Lsp, Csp, OABK)
Augmented yoga Asana on functional disorder (IHD, DM, COPD, HTN, Obesity,)

- **PRANAYAMA:** - Anuloma-viloma, Suryabhedana, Ujjayi, Shitali
- **BANDHAS AND MUDRA:** - Jalandhara Bandha, Uddiyana Bandha, Jivha Bandha, Mula Bandha
- **KRIYAS:** - Jala Neti, Nauli, Kapalabhati, Trataka
- **Practicum** – Students has to treat 4 patients for 10 hrs each and submit reports.

RY-6 Internship

- Student has to complete 120 hrs of internship under guidance of yoga therapist of augmented yoga. And submit certificates of successfully completed yoga therapy internship.

BOOKS FOR REFERENCE:-

- Iyengar, B.K. (2005). **Yoga Deepika**. Orient Longman Pvt. Ltd. Mumbai
- Swami, S.S. (2008). **Asana, Pranayam, Mudra Bandha**, Bhargava Bhushan Press, Varanasi
- Iyengar, B.K. (2010). **Light on the Yoga Sutras of Patanjali**. Orient Longman Pvt. Ltd. Mumbai
- Iyengar, B.K. (2008). **Light on Yoga**. Orient Longman Pvt. Ltd. Mumbai
- Iyengar, B.K. (2008). **Light on Pranayama**. Orient Longman Pvt. Ltd. Mumbai
- Gore, M.M. (2009). **Anatomy & Physiology of Yogic Practices**. KanchanPrakashan
- Bates, M. (2008). **Health Fitness Management**. Human Kinetics. USA.
- Werner, V.K, Hoyer, (2007). **Fitness and Wellness**. Wadsworth, Thomaslearning
- Gordon, Edlin, (2010). **Health & Wellness**. Jones and Bartlett Pub. Massachusets.
- Marieb, Eclaine, N. (1984). **Human Anatomy and Physiology**. (3rd Ed.). Cal: the BenjaminCumming.

- Gary, KRANTZOW. (1999). **Yoga for wellness**. Penguin. AKANA. NEWZEALAND.
- Gharote, M. L. (2017). **Yogic Technique**. The Lonavla Yoga Institute(India).
- Gharote, M. (2017). **Pranayama-Science of Breath**. The Lonavla Yoga Institute(India).
- Gharote, M.M. (2013). **Therapeutical References in Traditional Yoga Text**. The Lonavla Yoga Institute(India).
- Gharote, M.L. (2010). **Guidelines of Yogic Practices**. The Lonavla Yoga Institute (India).
- Gharote, M.L. (2017). **Hatharatnavali**. The Lonavla Yoga Institute(India).
- Gharote, M.L.(2016).**SiddhaSiddhantPaddhati**.TheLonavlaYogaInstitute(India).
- Gharote, M.L. (2017). **Hathapradipika**. The Lonavla Yoga Institute(India).
- Gharote, M.L. (2010). **Encyclopaedia of Traditional Asanas**. The Lonavla Yoga Institute(India).
- Gharote, M.L. (2010). **Hathatattvakaumudi**. The Lonavla Yoga Institute(India).
- Gharote, M.L.(2016).**KumbhakaPaddhati-ScienceofPramnyama**.TheLonavla Yoga Institute(India).
- Gharote, M.M. (2017). **Critical Edition of Selected Yogopanishads – I (Trishikhibrahmanopanisad, Yogakundalyupanishad, Yogacudamanyupanishad)**. The Lonavla Yoga Institute(India).
- Gharote, M.M. (2012). **Critical edition of selected Yogopanishads – II (Mandalbrahmanopanisad&Nadabindupanishad)**. The Lonavla yoga Institute (India).
- Yoga therapy (2029) – Dr Ketkar V.

----- 2222 -----