

Shree H.V.P. Mandal's
Degree College of Physical Education
(Autonomous College), Amravati.



Curriculum/Syllabus for
Bachelor of Vocation (Health Care)
(Credit Based)

B.Voc. (HC) Course Structure

1. Programme Name in Complete:

- I. Bachelor of Vocational (Health Care)
 - i. Course Name in Short: B. Voc. (Health Care)
 - ii. Intake Capacity: 50

2. Nature of the Course: Under Graduate Degree Programme with Multiple Exits as mentioned below.

A student completing, **Semester I** is eligible to be awarded **Certificate**
Semester I & II is eligible to be awarded **Diploma**
Semester I to IV is eligible to be awarded **Advanced Diploma**
Semester I to VI is eligible to be awarded **Bachelor Degree**

3. B. Voc. Programme Outcomes

- i. To provide judicious mix of skills relating to a profession and appropriate content of general education.
- ii. To ensure that the students have adequate knowledge and skills, so that they are work ready at each exit point of the programme.
- iii. To provide flexibility to students by means of pre-defined entry and multiple exit points.
- iv. To integrate National Skill Qualification Framework (NSQF) within the undergraduate level of higher education in order to enhance employability of the graduates and meet industry requirements. Such graduates apart from meeting the needs of local and national industry are also expected to be equipped to become part of the global workforce.
- v. To provide vertical mobility to students coming out of (a) 10+2 with vocational subjects; and (b) Community Colleges.
- vi. To prepare graduates who will achieve peer-recognition; as an individual or in a team; through demonstration of good analytical and implementation skills.
- vii. To communicate and document effectively.
- viii. To inculcate ability to function professionally with ethical responsibility as an individual as well as in multidisciplinary teams with positive attitude.

Programme Outcomes specific to B. Voc. (Health Care)

- i. To impart the students, comprehensive and skill based training with equal emphasis on theory and practice in the field of Yoga and Naturopathy, Magneto Therapy, Auricular Therapy, Physiotherapy, etc.
- ii. To prepare the qualified personnel who can understand the philosophy and principles of the science of health care via therapies alternative to 'Allopathic Medicines'.
- iii. To provide students with sound academic base from which an advanced career in Health-Care can be developed.
- iv. To develop skilled manpower pertaining to the qualification packs, viz. Masseur, Acupressure and SU-JOK Treatment Provider, Yoga Instructor/Teacher, Panchakarma Assistant, Yoga Therapist, Naturopathy Treatment Provider.

- v. The students completing this course will acquire knowledge, principles and skills in teaching and practice YogaShastra, Naturopathy, Physiotherapy, Panchakarma, Acupressure & Su-jok and can apply this knowledge, principles and skills in treating and propagate the healthy lifestyle.
- vi. To apply knowledge of Alternate Therapies in practice.

4. Duration of the Course: Three Years; Full Time

5. Examination Pattern (Annual/Semester): Semester

6. If Semester pattern then Number of Semesters: Six Semesters

7. Marking Scheme (Percentage/Credit): Credit

8. Eligibility:

There can be three types of learners getting admission to first semester of B. Voc. courses under NSQF:

Category-1: Students who have already acquired NSQF certification Level 4 in a particular industry sector and opted for admission in the B. Voc. degree courses under NSQF in same sector for which he/she was previously certified at school level.

Category-2: Students who have acquired NSQF certification Level 4 but may like to change their sector and may enter in B. Voc. course in a different sector.

Category-3: Students who have passed 10+2 examination with conventional schooling without any background of vocational training.

9. Total Credits to be covered : 180 (30 per semester)

10. Teaching and Examination Scheme: As prescribed in the curriculum design by the Subject Board and approved by Academic Board time to time.

11. Admission rules/conditions for every year/semester.

Sr. No.	Course and Level	Type of Admission	Eligibility	Remarks
1.	B. Voc. First Year Sem. I	Direct Admission	Students who have passed 10+2 examination with conventional schooling, OR Students who have already acquired NSQF certification Level 4 in Health Care sector, OR Students who have acquired NSQF certification Level 4 but want to change their sector, OR students who passed examination equivalent to 10+2 level like MCVC in any discipline	NSQF Level 4 (Certificate)
2.	B. Voc. First Year Sem. II	Natural Growth +Direct Entry	Students completing the study of B. Voc. (Health Care) Sem-I (passed or failed) or Students who completed course equivalent to the study of First Semester and possess NSQF certification Level 4	NSQF Level 5 Diploma
3.	B. Voc. Second Year	Natural Growth + Direct	Passed Minimum 50% of total passing heads of First Year of B Voc. Aggregating Semester I and Semester II. OR	NSQF Level VI

	Sem. I	Entry	Students who completed course equivalent to the study of First Year and possess NSQF certification Level 5	Advanced Diploma
4.	B. Voc. Second Year Sem. II	Natural Growth	All students admitted to B. Voc. Second Year are admitted to Sem-III and Sem-IV combine. There is no admission process for III and IV separate.	
5.	B. Voc. Third Year Sem. V	Natural Growth + Direct Entry	Clearly Passed First Year of B. Voc. (Health Care) and Passed Minimum 50% of total passing heads of Second Year of B Voc. (Health Care) aggregating Semester I and Semester II. OR Students who completed course equivalent to the study of First and Second Year and possess NSQF certification Level 6	NSQF Level VII Degree
6.	B. Voc. Third Year Sem VI	Natural Growth	All students admitted to B. Voc. Third Year are admitted to Sem-V and Sem-VI combine. There is no admission process for V and VI separate.	

Degree College of Physical Education, Amravati (An Autonomous College)

THREE YEAR DEGREE COURSE

BACHELOR OF VOCATION (Health Care)

First Year SEMESTER-I

(Note: Entries in color indicate subjects of general education component and in color indicate skill component)

S. N.	SUBJECT CODE	SHORT NAME	NAME OF SUBJECT	TEACHING SCHEME (Lectures/ Week)			EXAMINATION SCHEME										GRAN D TOTAL
							THEORY			PRACTICAL							
				Theory	Practical	Credits / Week	Duration of Paper (Hrs)	MAX. MARKS			Duration of Exam (Hrs)	MAX. MARKS					
								Theory Exam	College Asses.	Total		Pract	Viva Voce	College Asses.	Total		
1	16BV101	FPY	Foundations and Principles of Yoga-I	4		4	3	70	30	100	3						
2	16BV102	ENG	English	4		4	3	70	30	100	3						
3	16BVHC103	HA	Human Anatomy	4		4	3	70	30	100	3						
4	16BVHC104	MA	Massage and Accupressure	4		4	3	70	30	100	3						
5	16BVHC105	HE	Health Education-I	4		4	3	70	30	100	3						
	SUBJECT CODE	SHORT NAME	Practical Subjects	Theory	Practical	Credits / Week											
6	16BV106	Pr-I	Practical of Yoga	-	8	4					6	50	20	30	100		
7	16BVHC107	Pr-II	Practical of Massage & Acupressure	-	6	3					6	50	20	30	100		
8	16BVHC108	Pr-III	Practical of Human Anatomy	-	6	3					6	50	20	30	100		
TOTAL				20	20	30				500					300	800	

Degree College of Physical Education, Amravati (An Autonomous College)
THREE YEAR DEGREE COURSE
BACHELOR OF VOCATION (Health Care)
SEMESTER-II

Sr. No.	SUBJECT CODE	SHORT NAME	NAME OF SUBJECT	TEACHING SCHEME (Lectures/ Week)			EXAMINATION SCHEME										GRAN D TOTAL
				Theory	Practical	Credits / Week	THEORY			PRACTICAL							
							Duration of Paper (Hrs)	MAX. MARKS			Duration of Exam (Hrs)	MAX. MARKS					
								Theory Exam	College Asses.	Tota l		Pract	Viva Voce	College Asses.	Tota l		
1	16BV109	FPY	Foundations and Principles of Yoga-II	4		4	3	70	30	100	3						
2	16BV110	CP	Computer Proficiency	4		4	3	70	30	100	3						
3	16BVHC111	HP	Human Physiology	4		4	3	70	30	100	3						
4	16BVHC112	AS	Accupressure and Su-Jok	4		4	3	70	30	100	3						
5	16BVHC113	HE	Health Education-II	4		4	3	70	30	100	3						
	SUBJECT CODE	SHORT NAME	Practical Subjects	Theory	Practical	Credits / Week											
6	16BV114	Pr-I	Practical of Yoga	-	8	4					6	50	20	30	100		
7	16BVHC115	Pr-II	Practical of Acupressure and Su-Jok	-	6	3					6	50	20	30	100		
8	16BVHC116	Pr-III	Practical of Health Education	-	6	3					6	50	20	30	100		
TOTAL				20	20	30				500					300	800	

Degree College of Physical Education, Amravati (An Autonomous College)
THREE YEAR DEGREE COURSE
BACHELOR OF VOCATION (Health Care)
SEMESTER-III

Sr. No.	SUBJECT CODE	SHORT NAME	NAME OF SUBJECT	TEACHING SCHEME (Lectures/ Week)			EXAMINATION SCHEME										GRAN D TOTAL
				Theory	Practical	Credits / Week	THEORY			PRACTICAL							
							Duration of Paper (Hrs)	MAX. MARKS			Duration of Exam (Hrs)	MAX. MARKS					
								Theory Exam	College Asses.	Tota l		Pract	Viva Voce	College Asses.	Tota l		
1	16BV201	YH	Yoga & Health	4		4	3	70	30	100	3						
2	16BV202	CSA	Computer Software Application	4		4	3	70	30	100	3						
3	16BVHC203	MT	Magnet Therapy	4		4	3	70	30	100	3						
4	16BVHC204	FM	Fitness Management	4		4	3	70	30	100	3						
5	16BVHC205	CT	Chromo Therapy	4		4	3	70	30	100	3						
	SUBJECT CODE	SHORT NAME	Practical Subjects	Theory	Practical	Credits / Week											
6	16BV206	Pr-I	Practical of Yoga	-	8	4					6	50	20	30	100		
7	16BVHC207	Pr-II	Practical of Magnet Therapy & Chromo Therapy	-	6	3					6	50	20	30	100		
8	16BVHC208	Pr-III	Practical of Fitness Management	-	6	3					6	50	20	30	100		
TOTAL				20	20	30				500					300	800	

Degree College of Physical Education, Amravati (An Autonomous College)

THREE YEAR DEGREE COURSE

BACHELOR OF VOCATIONAL (Health Care)

SEMESTER-IV

S. N.	SUBJECT CODE	SHORT NAME	NAME OF SUBJECT	TEACHING SCHEME (Lectures/ Week)			EXAMINATION SCHEME										GRAN D TOTAL
				Theory	Practical	Credits / Week	THEORY			Duration of Exam (Hrs)	PRACTICAL						
							Duration of Paper (Hrs)	MAX. MARKS			Pract	MAX. MARKS					
								Theory Exam	College Asses.			Total	Viva Voce	College Asses.	Total		
1	16BV209	AY	Applied Yoga	4	-	4	3	70	30	100	3	-	-	-	-	-	
2	16BV210	EE	Enviromental Education	4	-	4	3	70	30	100	3	-	-	-	-	-	
3	16BVHC211	DV	Dravyagun Vidnyan	4	-	4	3	70	30	100		-	-	-	-	-	
4	16BVHC212	PA-I	Panchakarma and it's Applications-I	4	-	4	3	70	30	100	3	-	-	-	-	-	
5	16BVHC213	EL-1 HMT	Elective-1 - i) Hydrotherapy & Mud Therapy	4	-	4	3	70	30	100	3	-	-	-	-	-	
		EL-1 PTA	Elective-1 ii)Physiotherapy Application	4	-	4	3	70	30	100	3	-	-	-	-	-	
	SUBJECT CODE	SHORT NAME	Practical Subjects	Theory	Practical	Credits / Week											
6	16BV214	Pr-I	Practical of Yoga	-	8	4	-	-	-		6	50	20	30	100		
7	16BVHC215	Pr-II	Practical of Elective-I	-	6	3	-	-	-		6	50	20	30	100		
8	16BVHC216	Pr-III	Practical of Panchakarma	-	6	3	-	-	-		6	50	20	30	100		
TOTAL				24	20	34	-	-	-	500					300	800	

Degree College of Physical Education, Amravati (An Autonomous College)

THREE YEAR DEGREE COURSE

BACHELOR OF VOCATIONAL (Health Care)

SEMESTER-V

S. N.	SUBJECT CODE	SHORT NAME	NAME OF SUBJECT	TEACHING SCHEME (Lectures/ Week)			EXAMINATION SCHEME										GRAN D TOTAL
				Theory	Practical	Credits / Week	Duration of Paper (Hrs)	THEORY			Duration of Exam (Hrs)	PRACTICAL					
								Theory Exam	College Asses.	Tota l		Pract	Viva Voce	College Asses.	Tota l		
1	16BV301	YT	Yoga Therapy	4	-	4	3	70	30	100	3	-	-	-	-	-	
2	16BV302	DM	Disaster Management	4	-	4	3	70	30	100	3	-	-	-	-	-	
3	16BVHC303	KK	Kashay Kalpana	4	-	4	3	70	30	100		-	-	-	-	-	
4	16BVHC304	PA-II	Panchakarma and it’s Applications-II	4	-	4	3	70	30	100	3	-	-	-	-	-	
5	16BVHC305	EL-2 DNF	Elective-2 i) Diet Nuetrition and Fasting	4	-	4	3	70	30	100	3	-	-	-	-	-	
		EL-2 PA- II	Elective-2 ii) Physiotherapy:Electropathy	4	-	4	3	70	30	100	3	-	-	-	-	-	
	SUBJECT CODE	SHORT NAME	Practical Subjects	Theory	Practical	Credits / Week											
6	16BV306	Pr-I	Practical of Yoga	-	8	4	-	-	-		6	50	20	30	100		
7	16BVHC307	Pr-II	Practical of Elective-I	-	6	3	-	-	-		6	50	20	30	100		
8	16BVHC308	Pr-III	Practical of Panchakarma	-	6	3	-	-	-		6	50	20	30	100		
TOTAL				24	20	34	-	-	-	500					300	800	

THREE YEAR DEGREE COURSE BACHELOR OF VOCATION (Health Care) SEMESTER-VI									
SR. NO.	SUBJECT CODE	SHORT NAME	NAME OF SUBJECT	On Site Work (Hours/ Week)	No. of Credits	EXAMINATION SCHEME			
						Duration of Exam (Hrs)	MAX. MARKS		
							Inter-ship Work	Internship Report	Min. Passing Marks
9	16BVHC 309	INT	Intern Ship/Project	30	30	3	150	50	100
Grand Total				30	30		300		120

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Curriculum/Syllabus for
Bachelor of Vocation (Health Care)
(Credit Based)

B.Voc. (HC) Course Structure

1. Programme Name in Complete:

- I. Bachelor of Vocational (Health Care)
 - i. Course Name in Short: B. Voc. (Health Care)
 - ii. Intake Capacity: 50

2. Nature of the Course: Under Graduate Degree Programme with Multiple Exits as mentioned below.

A student completing, **Semester I** is eligible to be awarded **Certificate**
Semester I & II is eligible to be awarded **Diploma**
Semester I to IV is eligible to be awarded **Advanced Diploma**
Semester I to VI is eligible to be awarded **Bachelor Degree**

3. B. Voc. Programme Outcomes

- To provide judicious mix of skills relating to a profession and appropriate content of general education.
- To ensure that the students have adequate knowledge and skills, so that they are work ready at each exit point of the programme.
- To provide flexibility to students by means of pre-defined entry and multiple exit points.
- To integrate National Skill Qualification Framework (NSQF) within the undergraduate level of higher education in order to enhance employability of the graduates and meet industry requirements. Such graduates apart from meeting the needs of local and national industry are also expected to be equipped to become part of the global workforce.
- To provide vertical mobility to students coming out of (a) 10+2 with vocational subjects; and (b) Community Colleges.
- To prepare graduates who will achieve peer-recognition; as an individual or in a team; through demonstration of good analytical and implementation skills.
- To communicate and document effectively.
- To inculcate ability to function professionally with ethical responsibility as an individual as well as in multidisciplinary teams with positive attitude.

Programme Outcomes specific to B. Voc. (Health Care)

- To impart the students, comprehensive and skill based training with equal emphasis on theory and practice in the field of Yoga and Naturopathy, Magneto Therapy, Auricular Therapy, Physiotherapy, etc.
- To prepare the qualified personnel who can understand the philosophy and principles of the science of health care via therapies alternative to 'Allopathic Medicines'.
- To provide students with sound academic base from which an advanced career in Health-Care can be developed.
- To develop skilled manpower pertaining to the qualification packs, viz. Masseur, Acupressure and SU-JOK Treatment Provider, Yoga Instructor/Teacher, Panchakarma Assistant, Yoga Therapist, Naturopathy Treatment Provider.

- The students completing this course will acquire knowledge, principles and skills in teaching and practice YogaShastra, Naturopathy, Physiotherapy, Panchakarma, Acupressure & Su-jok and can apply this knowledge, principles and skills in treating and propagate the healthy lifestyle.
- To apply knowledge of Alternate Therapies in practice.

4. Duration of the Course: Three Years; Full Time

5. Examination Pattern (Annual/Semester): Semester

6. If Semester pattern then Number of Semesters: Six Semesters

7. Marking Scheme (Percentage/Credit): Credit

8. Eligibility:

There can be three types of learners getting admission to first semester of B. Voc. courses under NSQF:

Category–1: Students who have already acquired NSQF certification Level 4 in a particular industry sector and opted for admission in the B. Voc. degree courses under NSQF in same sector for which he/she was previously certified at school level.

Category–2: Students who have acquired NSQF certification Level 4 but may like to change their sector and may enter in B. Voc. course in a different sector.

Category–3: Students who have passed 10+2 examination with conventional schooling without any background of vocational training.

9. Total Credits to be covered : 180 (30 per semester)

10. Teaching and Examination Scheme: As prescribed in the curriculum design by the Subject Board and approved by Academic Board time to time.

11. Admission rules/conditions for every year/semester.

Sr. No.	Course and Level	Type of Admission	Eligibility	Remarks
1.	B. Voc. First Year Sem. I	Direct Admission	Students who have passed 10+2 examination with conventional schooling, OR Students who have already acquired NSQF certification Level 4 in Health Care sector, OR Students who have acquired NSQF certification Level 4 but want to change their sector, OR students who passed examination equivalent to 10+2 level like MCVC in any discipline	NSQF Level 4 (Certificate)
2.	B. Voc. First Year Sem. II	Natural Growth +Direct Entry	Students completing the study of B. Voc. (Health Care) Sem-I (passed or failed) or Students who completed course equivalent to the study of First Semester and possess NSQF certification Level 4	NSQF Level 5 Diploma
3.	B. Voc. Second Year	Natural Growth + Direct	Passed Minimum 50% of total passing heads of First Year of B Voc. Aggregating Semester I and Semester II. OR	NSQF Level VI

	Sem. I	Entry	Students who completed course equivalent to the study of First Year and possess NSQF certification Level 5	Advanced Diploma
4.	B. Voc. Second Year Sem. II	Natural Growth	All students admitted to B. Voc. Second Year are admitted to Sem-III and Sem-IV combine. There is no admission process for III and IV separate.	
5.	B. Voc. Third Year Sem. V	Natural Growth + Direct Entry	Clearly Passed First Year of B. Voc. (Health Care) and Passed Minimum 50% of total passing heads of Second Year of B Voc. (Health Care) aggregating Semester I and Semester II. OR Students who completed course equivalent to the study of First and Second Year and possess NSQF certification Level 6	NSQF Level VII Degree
6.	B. Voc. Third Year Sem VI	Natural Growth	All students admitted to B. Voc. Third Year are admitted to Sem-V and Sem-VI combine. There is no admission process for V and VI separate.	

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Syllabus for
B. Voc. (Health Care)
First-Year (Semester-I)
(Credit Based)

Semester-I

Course Code: 16BV101

Course : - Foundations and Principles of Yoga – I

Max. Marks: 100

- Unit –I Aim, Objectives and Misconceptions about Yoga, Definitions of Yoga in different Classical Yoga texts. Brief introduction to origin, history and development of Yoga, General Introduction to *Shad-darshanas* (Yoga, Sankhya, Nyaya, Vaisheshik, Purva Mimamsa & Uttar Mimamsa) with special reference to *Sankhya* and Yoga.
- Unit-II General introduction to four paths of Yoga (Rajyoga, Hathayoga, Mantrayoga & Laya Yoga), Principles of Yoga and Yogic practices (Asana, Pranayama, Shatkarma, Bandha & Mudra, Dhyana), Distinction between Yoga Asana and Non-Yogic physical practices.
- Unit-III Introduction to important Hatha Yoga, Texts with special reference to Hatha Yoga, Pradipika and Gheranda Samhita, Concept of Yogic Diet, Causes of Success (*Sadhaka Tattwa*) and Causes of Failure (*Badhaka Tattwa*) in Hatha Yoga *Sadhana*
- Unit-IV Concept of *Ghata* and *Ghata Shudhi* in Hatha Yoga, Purpose and utility of *Shat-kriya* Hatha Yoga, Purpose and utility of Asana in Hatha Yoga, Purpose and importance of *Pranayama* in Hatha Yoga

Text Book

- | | | |
|--------------------------------------|---|-----------------------------|
| 1. Bhartiya Darshan ki Ruprekha | - | Prof. Harendra Prasad Sinha |
| 2. Yoga Swashtya Kunji (Hindi) | - | Dr. A. N. Khodaskar |
| 3. Sharirkriya Vijnyan Aur Yogabhyas | - | Dr. M. M. Gore |
| 4. Yoga Parichay | - | Dr. Pitambar Jha |
| 5. Yogabhyas Margadarshan | - | Dr. M. L. Gharote |
| 6. Hathapradipika | - | Swami Swatmaram |
| 7. Gheranda Samhita | - | Swami Gherand |

Reference Books:

- | | | |
|------------------------|---|---------------------|
| 1. Bhartiya Darshan | - | Jadunath Sinha |
| 2. Yoga for Daily Life | - | Mitra, M. K. |
| 3. Indian Religions | - | S. Radhakrishnan |
| 4. Yoga aur Swasthya | - | Dr. Brahmamitra |
| 5. Yoga Darshan | - | Dr. S.V. Karandikar |

Distribution of Marks

External Examination

Total- 70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

- | | |
|---|----------|
| 1) Attendance Regularity and Discipline | 10 Marks |
| 2) Internal Exam, Assignment, etc. | 20 Marks |

Course Outcome: After learning this subject Students will,

1. Gain basic knowledge about Yoga.
2. Students learn brief philosophical approach about yoga in Traditional texts.
3. Get knowledge about different paths in yoga, and their importance.

4. Students particularly learn the advantage of different Asana, Pranayama, Shatkarmas and also understand which are beneficial in different health conditions and its brief knowledge.

Course Code: 16BV102

Course Name: English

Max. Marks: 100

Unit-I	Self Introduction (formal/Informal), Other's Introduction, Greetings (Based on Situation), Uses of dictionary, Vocabulary
Unit-II	Parts of Speech, Daily Conversations which are applicable in general, Study Skills, Effective note taking (dictation), Pronunciations for effective reading
Unit-III	Sentences, types of sentences, Tenses, Structure of Sentences based on tenses. Uses of Proper punctuation in the structure, Essays, Letter, Paragraphs, Group discussion (topic based), Debates, Skill for personal Interview
Unit-IV	Structure of paragraphs, some common mistakes while writing, Translate sentences into English from mother tongue, Translate proverbs and phrases of English in own language, enagement of vocabulary, Effective communication with appropriate body language

Text Books:

- | | | |
|-----------------------------|---|------------------------|
| 1. Pragati Books | - | B.S. Kale |
| 2. English Grammar book | - | P. C. Wren & H. Martin |
| 3. Sampurna Ingraji Vyakran | - | Balsaheb Shinde |

Distribution of Marks

Distribution of Marks for External Examination

Total- 70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

- | | |
|---|----------|
| 1) Attendance Regularity and Discipline | 10 Marks |
| 2) Internal Exam, Assignment, etc. | 20 Marks |

Course Outcomes:

By the end of this course, students will,

1. Get basic knowledge of English subject and grammer
2. Understand correct and proper ways of English communication
3. Knows how to interact with different types of people in proper ways.
4. Knows importance of English vocabulary and ways to increase it.
5. Develop reading, writing, speaking and listening skills
6. Gain practical skills and knowledge necessary to express themselves clearly, with confidence.

Course Code: 16BVHC103

Course Name: Human Anatomy

Max. Marks: 100

- Unit – I General Anatomy: - Introduction to Anatomy, terms and terminology
regions of body, cavities and systems, structure and types of cell and tissue,
Musculoskeletal System- Structure of bone and classification, Joints, structure
various types and movements, spine and thorax, structure of vertebral column and
thoracic cage, Muscles- Types, Structure, Tone, Fatigue, movements and applied
anatomy
- Unit – II Respiratory system- Structure of organs of respiratory tract, Circulatory system-
Structure of Heart, major arteries and veins of body applied anatomy
- Unit – III Digestive System- Structure of organs of digestive system abdominal, Cavity-
divisions, liver, Pancreas, Gall bladder, Excretory System- Structure of excretory
organs Urinary system applied Anatomy
- Unit – IV Endocrine system- Glands, types, importance of endocrine glands, pituitary,
thyroid, parathyroid, adrenal
Nervous System- classification, structure of brain and spinal cord, sensory organs
and their structure applied anatomy

Text Books:

- | | | |
|---|---|---------------------------------|
| 1. Sharir Rachana & Kriya Vidnyan | - | Dr. Vivek Sathe |
| 2. Sharir Rachana & Kriya Vidnyan | - | Dr. Jayant Junankar |
| 3. Anatomy & Physiology of Yogic Exercises- | | Dr. M.M. Gore |
| 4. Sharir aur Kriya Vidnyan | - | Manju Latha Maheshchandra Gupta |

Reference Books:

- | | | |
|------------------------------------|---|----------------------|
| 1. Anatomy & Physiology for Nurses | - | Evelin C. Pearce. |
| 2. Anatomy & Physiology | - | Anne Waugh & Allison |
| 3. Human Structure | - | C. Jawasir B.D. |

Distribution of Marks

Distribution of Marks for External Examination

Total- 70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

- | | |
|---|----------|
| 1) Attendance Regularity and Discipline | 10 Marks |
| 2) Internal Exam, Assignment, etc. | 20 Marks |

Course Outcome: After learning this subject,

1. Student get knowledge of General Anatomy.
2. Student learn about whole body structure and their importance.
3. Knowledge of different glands and their structure.
4. The knowledge of this course enable the students about pros and cons of yogic practices to avoid the ill effect of wrong practices.

Course Code: 16BVHC104

Course Name: Massage & Acupressure

Max. Marks: 100

- Unit – I Introduction and brief History of Massage, definition of massage
Basic needs of Massage, characteristics of a masseur, Therapeutic use of
different types of oils, Preparation of oils
- Unit – II Massage techniques (Effleurage, Stroking, Petrissage, kneading, friction wringing,
Twisting, Rolling, Shaking)
Massage techniques (Tapotement: Hacking, Tapping, Clapping, Breathing,
Pounding Joint movement, Vibration.)
Massage techniques for different parts of the body (Foot, leg, arm, abdomen,
chest, throat, back, head and Neck)
- Unit – III Effects of massage on heart and circulatory system, Muscular system, Lymphatic
system, Digestive system, Respiratory system, Kidney, skin and skeletal system.
Laws of Massage & techniques in different diseases (Insomnia Neurasthenia,
madness, High blood pressure, polio, obesity, underweight, beautification of female,
skin disease, Fracture, sprain.
- Unit – IV Introduction and brief history of acupressure. Concept of Yin and Yang
Five element theory, Organ clock. Concept and definition of meridian.
meridians (Lung, Large Intestine, Kidney, Urinary bladder)

Text Books:

- | | | |
|-------------------------|---|------------------------|
| 1. Acupressure (Hindi) | - | Dr. Sharma & Chaudhari |
| 2. Acupressure (Hindi) | - | Dr. Sanjay Gala |

Reference Books:

- | | | |
|--|---|-----------------------|
| 1. Vaidnyanik Malish | - | Satyapal |
| 2. Massage for Therapist | - | Margaret Hollis |
| 3. Principle & Practice of Therapeutic Massage | - | Akhoury Gourang Sinha |
| 4. Heal Yourself Acupressure | - | R.C. Gupta |
| 5. Acupressure Guide (English& Hindi) | - | Dr. Satish Goyal |

Distribution of Marks

Distribution of Marks for External Examination

Total- 70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

- | | |
|---|----------|
| 1) Attendance Regularity and Discipline | 10 Marks |
| 2) Internal Exam, Assignment, etc. | 20 Marks |

Course Outcome:

1. Students become able to Demonstrate commitment to provide the highest quality massage to those who seek their professional service.
2. Students get knowledge of acupressure techniques and their use in different diseases and body disorders.
3. Students are trained to give their services in Spas, Fitness Centres, Private Practice, Physiotherapy Centres, Naturopathy Centres, Pancha Karma centres and Hotels etc.

Course Code: 16BVHC105

Course Name: Health Education-I

Max. Marks: 100

Unit-I	Health: - Meaning, definition of health, Dimensions of Health, factors affecting health. Health Education: - Meaning, definition, objectives and scope of Health Education Principles of health education.
Unit-II	Personal Hygiene –Meaning, definition and importance of personal hygiene. Mental Health- Meaning, definitions & factors influencing, Types, symptoms and preventive measures of mental illness. School health:- Importance of developing good habits for health in school & at home. Comprehensive school health programme, School health services.
Unit-III	Communicable diseases, causes and preventive measures, immunity viral hepatitis HIV/Aids, Tuberculosis, Malaria, Rabies, Tetanus, measles, mumps, rubella, Dengue & Swine Flu their causes, symptoms and prevention.
Unit-IV	Occupational Health: meaning, Scope of occupational health, principles to reduce occupation health problems, Factors responsible for occupational health problems, various occupational diseases, their symptoms preventive measures. Drug addiction- causes, adverse effects on health, preventive measures.

Text Books:

- | | | |
|--|---|-------------------|
| 1. Health education | - | Dr. S. P. Choubey |
| 2. Health education and hygiene | - | Dr. B. C. Roy |
| 3. Health Hygiene and health education | - | Dr. R. C. Kanwar |
| 4. Vidyalaya main Swasthya Shiksha | - | D. K. Gupta |

Distribution of Marks for External Examination

Total- 70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

- | | |
|---|----------|
| 1) Attendance Regularity and Discipline | 10 Marks |
| 2) Internal Exam, Assignment, etc. | 20 Marks |

Course Outcomes:

After learning this subject,

1. Students learn about health and its importance.
2. Students gain knowledge about health education, personal hygiene, physical and mental health.
3. They learn about different diseases and occupational health.
4. Students learn about different govt. programmes on health.

PRACTICAL

Course Code: 16BV106

Name: Practical of Yoga

Total Marks – 100

A) Asana:

Mark-10

Standing Asanas: Ardhakati Chakrasana, Trikonasana,, Tadasana **Sitting Asanas:** Siddhasana, Padmasana, Gomukhasana, Vakrasana,Vajrasana, Swastikasana, Badhapadmasana, Paschimottanasana **Prone Position:** Shalabhasana, Makarasana, Bhujangasana, **Supine Position:** Shavasana,Viparitkarani, Sarvangasana, Garudasana **Balancing Asanas:** Bakasana , Vatayanasana.

System of Examination

- | | |
|--|----------|
| 1) Any one asanas as told by examiners choice. | Marks-05 |
| 2) Any one asanas of candidate's choice. | Marks-05 |

B) Shatkarma (Kriya)

Marks-10

- | | | | | | |
|------------|---|-----------------|----------------|---|--------|
| 1. Neti | : | Jala and Sutra | 2. Dhauti | : | Vamana |
| 3. Trataka | : | Samip and Sudur | 4. Kapalabhati | | |

System of examination:

Shatkarmas divided in two groups

(1) Without Instrument

Any one kriya as told by examiner's choice Marks-5

(2) With Instrument

Any one Kriya of candidate's choice Marks-5

C) Yogic Sukshma Vyayam

Marks-10

- | | |
|---|-------------------------------|
| 1) Vishudh Chakra OR Uccharan-sthala Shudhi | 2) Prarthana |
| 3) Buddhi tatha Dhriti Shakti – Vikasaka | 4) Simran Shakti Vikasaka |
| 5) Medha Shakti Vikasaka | 6) Kapal Shakti Vikasaka |
| 7) Netra Shakti Vikasaka | 8) Karna Shakti Vikasaka |
| 9) Griva Shakti Vikasaka (1) | 10) Griva Shakti Vikasaka (2) |

System of Examination:

Any one as told by examiner's choice Marks-05

Any one of candidate's choice Marks-05

D) Yogic Sthula Vyayama

Marks-10

- 1) Rekha-gati 2) Hrid-gati 3) Utkurdana 4) Urdhva-gati 5) Sarvanga-pusti

System of Examination:

Any one as told by examiner's choice Marks-05

Any one of candidate's choice Marks-05

E) Pranayam (Without Kumbhaka)

Marks-10

- 1) Breathing awareness 2) Sectional breathing 3) Yogic breathing
4) Anulom – vilom (Alternate nostril breathing)

System of Examination

Any one as told by examiner's choice Marks-05

Any one by candidate's choice Marks-05

Viva Voce

Marks -20

College Assessments

Marks -30

College Assessment:- Sessional marks will be based on students performance in practical throughout the semester, Attendance, completion of the record books and regularity.

- | | |
|-----------------------------------|----------|
| 1) Attendance & Regularity | Marks-10 |
| 2) Practical Performance & Record | Marks-20 |

Course outcomes:

1. The student learns correct way of sitting to perform aasanas.
2. Learns how to perform different aasanas covered in the curriculum.
3. Knows correct ways of performing these aasanas, their pros and cons.
4. Learns care to be taken while performing aasanas
5. Becomes ready to work as an Yoga Instructor.
6. Keeps himself/herself fit and healthy due to regular yoga practice in practice hours.

Course Code: 16BVHC107**Name: Practical of Massage and Acupressure****Total Marks – 100****A) Massage****Marks-30**

- 1) Hacking 2) Taping 3) Tapotement 4) Beating 5) Ringing 6) Clapping 7) Choking 8) Stroking

System of Examination

- 1) Any two techniques as told by examiner's choice Marks-20

- 2) Any one techniques of candidate's choice Marks-10

B) Acupressure**Marks-20**

Path and points of any two meridian

System of Examination

- 1) Any one meridian as told by examiner's choice Marks-10

- 2) Any one meridian of candidate's choice Marks-10

Viva Voce**Marks -20****College Assessments****Marks -30**

College Assessment:- Sessional marks will be based on students performance in practical throughout the semester, Attendance, completion of the record books and regularity.

- a. Attendance & Regularity Marks-10

- b. Practical Performance & Record Marks-20

Course Code: 16BVHC108

Name: Practical of Human Anatomy

Total Marks – 100

A) Introduction of Body parts, cavities and regions

Marks-20

System of Examination

1) Any one as told by examiner's choice

Marks-10

2) Any one of candidate's choice

Marks-10

B) Introduction of the skeleton: Various joints and their movements, Muscular system-

Introduction of major muscles of body. Introduction of organs of body

Marks-20

System of Examination

1) Any one as told by examiner's choice

Marks-10

2) Any one of candidate's choice

Marks-10

C) Introduction of organs of body, various joints and their movements

Marks-10

System of Examination

1) Any one as told by examiner's choice

Marks-05

2) Any one of candidate's choice

Marks-05

Viva Voce

Marks -20

College Assessments

Marks -30

College Assessment: - Sessional marks will be based on student's performance in practical throughout the semester, Attendance, completion of the record books and regularity.

1) Attendance & Regularity

Marks-10

2) Practical Performance & Record

Marks-20

Shree H.V.P. Mandal's
Degree College of Physical Education
(Autonomous College), Amravati.



Syllabus for
B. Voc. (Health Care)
First-Year (Semester-II)
(Credit Based)

Semester-II

Course Code: 16BV109

Course : - Foundations and Principles of Yoga – II

Max Marks: 100

- Unit-I** Concept of Chitta and Chitta Bhumis, Chitta-vrittis and Chitta-vrittinirodhopaya (Abhyasa and Vairagya), Concept of Ishwara and Ishwara Pranidhana
- Unit-II** Concept of Chitta Prasadana and their relevance in mental well being, Pancha Kleshas (Avidya, Asmita, Raga, Dwesha, Abhinivesha) and their significance in Yoga, Five 'Sahabhuva' (Dukha, Daurmanasya, Angamejayatva, Swas-Praswas) their remedies. , Chitta Vikshepas (Antarayas) – Vyadhi, Styana, Samshaya, Pramada, Alashya, Avirati, Bhrantidarshana, Alabdhabhumikatva & Anavashtitattva and their associates.
- Unit-III** Kriya Yoga: Tapa, Swadhyaya, Ishwarpranidhan Ashtanga Yoga: Bahiranga Yoga- (Yama, Niyama, Asana, Pranayama), Antaranga Yoga- (Pratyahara, Dharna, Dhyana, Samadhi) purpose, effects and significance of Kriya Yoga and Ashtanga Yoga.
- Unit-IV** The benefits of various asanas (Vrikshasana, Ardhakatichakrasana, Trikonasana, Vajrasana, Janusirasana, Paschimottanasana, Vakrasana, Ustrasana, Sarvagasana, Pawanamuktasana, Dronasana, Setubandhasana, Chakrasana, Bhujangasana, Ardhashalabhasana) on different parts of the human body, The limitations and contra-indications of specific Yogic practices (Shtkarma, Pranayama, Bandha, Mudras, Dhyana) ealth: its meaning and definitions, Yogic conceptions of health and diseases.

Text Book

- | | | |
|-----------------------|---|---------------------|
| 8. Hathapradipika | - | Swami Swatmaram |
| 9. Gheranda Samhita | - | Swami Gherand |
| 10. Yoga aur Swasthya | - | Dr. Brahmamitra |
| 11. Yoga Darshan | - | Dr. S.V. Karandikar |
| 12. Yoga Paricaya | - | Dr. Pitambar Jha |

Reference Books:

- | | | |
|--------------------------------|---|---------------------|
| 4. Yoga for Daily Life | - | Mitra, M. K. |
| 5. Indian Religions | - | S. Radhakrishnan |
| 6. Yoga Swashtya Kunji (Hindi) | - | Dr. A. N. Khodaskar |

Distribution of Marks for External Examination

Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of 10 marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Five Multiple Choice Questions of two marks each, based on four units with internal choice.

Sessional work (Internal)

30 Marks

- | | |
|--|----------|
| 1) Attendance | 05 Marks |
| 2) Discipline | 05 Marks |
| 3) Assignments and Internal Examinations | 20 Marks |

Course Outcomes:

1. The Students learn various asanas (postures) and proper method of doing asanas.
2. Learn the advantages of different asanas. Also understand which asanas are beneficial in different health conditions.
3. Learn breathing techniques, Develop strength, flexibility and the sense of well-being
4. Increase relaxation of body and soul.
5. Students will be able to understand and utilize knowledge of Philosophy of Yogashastra for better yogic practices.

Course Code: 16BV110

Course : - Computer Proficiency

Unit I Introduction to Fundamentals of Computer

Brief history of Development of Computer, Generation of Computer, Basic Block Diagram of Computer, Basic Component of computer system, Types of computer System, Characteristic of computer s system, Application of computer System

Unit II Introduction to basic component of the computer System

Input and Output Device , Memory RAM – ROM and other types of memory, Secondary storage device ,Concept of Hardware, Need of Software and Types of Software,

Unit III Introduction to Windows

Basic concept of Operating System, Types of Operating system, My Computer, Recycle-Bin, Status Bar, Start Menu selection, Running an application, Windows explorer to view file, folder and Directories, Creating and renaming file and Folder, Minimize, Restore and Maximize forms of windows

Basic Component of Windows : Desktop, Frame, Title Bar, Menu Bar, Status Bar, Scroll Bar, Using Right Button of the mouse Creating Shortcut, Basic Windows Accessories : Notepad, Paint, Calculator, WordPad, using Clipboard

Unit IV Introduction to Internet Browsing

Internet Evolution, Internet Vs Intranet , ISP, Domains Name System, URL , Web Browsers, Search Engines, Internet Application Email concept, POP and WEB Based Email, Protocol

References:

Pradeep K. Sinha and prit -	Sinha Foundations Computing BFB publications
Douglas E. Comer The internet Book -	Purdue University, West Lafayette in 2005
V.Rajarman, fundamentals of computers-	Prentice hall of India, New Delhi 2000
B.Ram , Computer Fundamentals -	New age international publishers 2006
Shashank Jain &Satish Jain -	B.P.B .Publication ‘O’ level internet & web design

Distribution of Marks for External Examination

Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of 10 marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Five Multiple Choice Questions of two marks each, based on four units with internal choice.

Sessional work (Internal)

30 Marks

1) Attendance	05 Marks
2) Discipline	05 Marks
3) Assignments	20 Marks

Course Outcomes: After completing this course the student learns to:

1. Navigate the operating system and start applications.
2. Perform basic functions of file management.Manage print settings and print documents.
3. Gains fundamental knowledge of computer system and its peripheral devices
4. Gains basic knowledge of the Internet, world wide web. Receive and send emails.
5. Use a web browser to navigate the Internet

Course Code: 16BVHC111
Course : - Human Physiology

Unit – I	General Physiology- Meaning and scope of physiology, functions of cell and tissues, Respiratory System- Mechanism of respiration, lung capacity, factors affecting respiration, Respiratory Disorders- Dyspnoea, Tachypnoea, Hypoxia, effect of exercise on respiratory system
Unit – II	Circulatory System- Functions of heart, cardiac cycle, heart rate, blood Pressure, normal values, factors affecting blood pressure, effect of exercise on circulatory system, Blood- Composition and functions, immunity, blood groups, hemoglobin
Unit – III	Digestive System: - Functions of organs of digestion, Functions of digestive glands, process of digestion, effects of exercise on digestive system, Excretory System: - Functions of excretory organs, formation of urine and its composition; effects of exercise on excretory system
Unit – IV	Endocrine System- Introduction to types of Nervous system, functions of endocrine glands- Pituitary, Thyroid, Parathyroid, Adrenal Hormones of the glands and effects of Hyper and Hyposecretion, Nervous System- Functions of brain and spinal cord, reflex action, sensory and motor pathway, Function of Sensory Organs

Text Books:

01. Sharir Rachana & Kriya Vidnyan	-	Dr. Vivek Sathe
02. Sharir Rachana & Kriya Vidnyan	-	Dr. Jayant Junankar
03. Anatomy & Physiology of Yogic Exercises (Hindi, Marathi)-		Dr. M.M. Gore
04. Anatomy & Physiology for Nurses	-	Evelin C. Pearce.

Distribution of Marks for External Examination

Total-70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of 10 marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Five Multiple Choice Questions of two marks each, based on four units with internal choice.

Sessional work (Internal)

30 Marks

1) Attendance	05 Marks
2) Discipline	05 Marks
3) Assignments and Internal Examinations	20 Marks

Course Outcomes:

1. The knowledge of this course enables the students about pros and cons of yogic practices to avoid the ill effect of wrong practices.
2. Knowledge of physiology helps student to understood better physiology of yogic practices while learning yoga and also it is useful while gaining knowledge about Acupressure, Chromotherapy and nutrition, pachkarma etc .

Course Code: 16BVHC112

Course : - Acupressure and Su-Jok

Unit-I: Revision of Meridians Lung, Large Intestine, kidney and Urinary Bladder meridian. Stomach, Spleen, Heart, Small Intestine, pericardium, Triple warmer, Gall Bladder, Liver, Governing vessels and conceptional vessels meridian.

Unit-II: Yin –Yang theory, chi, concept of Zang-fu, Organ clock, Zang-organs, Fu-Organs, relation colors Sense organs & Zng-Fu organs, organ clock, Five Element Therapy, constructive cycle, destructive cycle, relation of five elements with different organs and their properties.

Unit-III Types of disease (Shi and Xu), Mother Son law, Husband Wife law, Body measurement, measuring units. Acupressure points- Meridian points, Floating points (or Ah-Shi-Points). Local point, supplementary points, specific points, alarm points, Xi-cleft points, Dangerous points, Jing-well points, Luo-connecting point, Yuan-source points, Physiologically dangerous points, Forbidden points Influential points, Distal points.

Unit- IV Introduction to Su-jok.

Treatment Modalities: - Acupressure, massage, cupping moxibussion, use of different vibrators (Doll Massager, oxygen circulation massager machine, Hand massager,, Stimulators, power mats, acupunctoscope, v3 (Massager) machine,, Eye massager use of biole magnets and magnetic belts.

Tex Book:-

- | | |
|---|---|
| 1) Advanced Clinical Acupuncture | - by Dr. Arjun Agrawal, Dr. Govind sharma |
| 2) Advance Acupressure/Acupuncture part I | - by M. P. Khemka |

Reference Book:-

- | | |
|---|---------------------|
| 1) Clinical Acupuncture | - by Antor Jasuriya |
| 2) Acupuncture (Hindi) | & Dr. P. G. Shah |
| 3) Antastravi Granthiya aur Acupressure | & Dr. C. P. Saxena |
| 4) Thumb is Head | - Park Jac Woo |

Distribution of Marks for External Examination

Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of 10 marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Five Multiple Choice Questions of two marks each, based on four units with internal choice.

Sessional work (Internal)

30 Marks

- | | |
|--|----------|
| 1) Attendance | 05 Marks |
| 2) Discipline | 05 Marks |
| 3) Assignments and Internal Examinations | 20 Marks |

Course Outcomes:

- Students will be able to promote relaxation and wellness and to treat **disease**.
- Relieving **stress**, tension and **anxiety**, Improving sleep.
- Relaxing **muscles** and joints.
- Soothing the **pain** and discomfort of a sports or other injury.
- Reducing digestive issues.
- Minimizing **headaches**.
- Alleviating chronic **pain**.

Course Code: 16BVHC113**Course : - Health Education-II**

Unit-I	Physical fitness- Definition, Components of health and fitness, benefits of fitness, factors influencing health and fitness, concept of positive health. Path to physical fitness.
Unit-II	Importance of exercise for good health. Fatigue, symptoms, causes, prevention & management. Importance of rest and sleep. Relaxation methods. Posture and Postural Deformities- Meaning of posture, Types of good postures Importance of good posture, causes of poor posture. Common Postural Deformities:- Kyphosis, Lordosis, Scoliosis flat foot and their preventive measures.
Unit-III	Immunity- types, important factors influencing immunity. Heredity and its effects on health. Immunization – introduction, importance of maintaining cold chain, National Health Programme- Dots, Leprosy, Polio
Unit-IV	Disability and Rehabilitation- Meaning of disability, Terms of sequence. Leading to disability and handicap. Disease, Impairment, Disability, handicap, Types of disabilities, Causes of disabilities, major causes of childhood disability and its prevention. Rehabilitation- meaning, Scope and introduction of occupation therapy its types and role for disables.

Text Books:

- | | | |
|--|---|-------------------|
| 1. Health education and hygiene | - | Dr. B. C. Roy |
| 2. Health education | - | Dr. S. P. Choubey |
| 3. Health Hygiene and health education | - | Dr. R. C. Kanwar |
| 4. Health and Disease | - | Edward John Tilt |

Reference Books:

- | | | |
|----------------------------------|---|----------------|
| 1. First Aid | - | John Ambulance |
| 2. Vidyalay Main Swastya Shiksha | - | D. K. Gupta |
| 3. Prathmik Chikitsa | - | Ashok Kumar |

Distribution of Marks for External Examination**Total -70 Marks**

The examinees have to attempt 5 (Five) questions out of which first question is of 10 marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Five Multiple Choice Questions of two marks each, based on four units with internal choice.

Sessional work (Internal)**30 Marks**

- | | |
|--|----------|
| 1) Attendance | 05 Marks |
| 2) Discipline | 05 Marks |
| 3) Assignments and Internal Examinations | 20 Marks |

Course Outcomes:

1. After learning this subject student gain knowledge for physical fitness, And their components, Benefits, Positive health and factors of health and fitness.
2. They learn different types of exercise and their applications, on different disorders.
3. Get Knowledge about health and immunity, disability and rehabilitation.

PRACTICAL

Course Code: 16BV114

Name: Practical of Yoga

Total Marks – 100

Syllabus with Examination System

A) Asana:

Marks-10

Standing Asanas: Padhastasana, Garudasana, Vrikshasana,

Sitting Asanas: Akarnadhanurasana, Garbhasana, Ardhamsthyendrasana, Ushtrasana, Paschimottanasana

Prone Position: Naukasana Bhujangasana, Dhanurasana

Supine Position: Viparitkarani, Sarvangasana, Halasana

Balancing Asanas: Bakasana, Vatarjanasana. Mayurasana (Boys)

System of Examination

1) Any one asanas as told by examiners choice.

Marks-05

2) Any one asanas of candidate's choice.

Marks-05

B) Suryanamaskar: 1) Twelve Mantras

Marks-10

2) Ten counts, twelve counts and sixteen counts

C) Yogic Sukshma Vyayam

Marks-

10

1) Griva Shakti Vikasaka (3)

2) Skandh & Bahumula Shakti Vikasaka

3) Bhuja bandha Shakti Vikasaka

4) Kohni Shakti Vikasaka

5) Bhuja-balli Shakti Vikasaka

6) Purnabhuja Shakti Vikasaka

7) Manibandh Shakti Vikasaka

8) Karapristha Shakti Vikasaka

9) Kara-tala Shakti Vikasaka

10) Anguli Shakti Vikasaka (1)

System of Examination:

Any one as told by examiner's choice

Marks-05

Any one of candidate's choice

Marks-05

D) Bandha & Mudra

Marks-10

Mahamudra, Nabhomudra, Khecharimudra, Mahavedh, Vipritkarni, Yoni, Tadagi, Manduki, Shambhavi, Ashwini, Pashini, Kaki, Matangi, Bhujangi and Jivhabandha, Jalandharbandha, Uddiyanbandha, Mulabandha

System of Examination:

Any one as told by examiner's choice

Marks-05

Any one of candidate's choice

Marks-05

E) Pranayam (Without Kumbhaka)

Marks-10

1) Suryabhedana 2) Shitali 3) Sitkari 4) Bhramari

System of Examination

Any one as told by examiner's choice

Marks-05

Any one by candidate's choice

Marks-05

Viva Voce

Marks -20

College Assessments

Marks -30

College Assessment: - Sessional marks will be based on student's performance in practical throughout the semester, Attendance, completion of the record books and regularity.

Sessional work (Internal)

30 Marks

1) Attendance

05 Marks

2) Discipline

05 Marks

3) Assignments

20 Marks

Course Code: 16BVHC115**Name: Practical of Acupressure and Su-Jok****Total Marks – 100****A) Acupressure****Marks-30**

Path and points of any two meridian

System of Examination

1) Any one meridian as told by examiner's choice

Marks-15

2) Any one meridian of candidate's choice

Marks-15

B) Use of treatment modalities (for syllabus of Acupressure & Su-jok)**Marks -20**

1) Any one as told by examiner choice

Marks-10

2) Any one of candidate's choice

Marks-10

Viva Voce**Marks -20****College Assessments****Marks -30**

College Assessment:- Sessional marks will be based on students performance in practical throughout the semester, Attendance, completion of the record books and regularity.

Sessional work (Internal)**30****Marks**

1) Attendance

05 Marks

2) Discipline

05 Marks

3) Assignments

20 Marks

Course Code: 16BVHC116**Practical of Health Education****Total Marks – 100**

A) **First Aid kit** – Components and uses, Uses of minor tools- stet scope, Sphygmomanometer, thermometer, Taking, pulse, respiration.

Marks-20**System of Examination**

1) Any one as told by examiner's choice

Marks-10

2) Any one of candidate's choice

Marks-10

B) Various types of soft tissue injuries and their first aid. Musculoskeletal disorders Sprain, Strain, Fracture, dislocation etc.

Marks-20**System of Examination**

1) Any one as told by examiner's choice

Marks-10

2) Any one of candidate's choice

Marks-10

C) First Aid for Bleeding, Drawing, Electric Shock

Marks-10**System of Examination**

1) Any one as told by examiner's choice

Marks-05

2) Any one of candidate's choice

Marks-05

Viva Voce**Marks -20****College Assessments****Marks -30**

College Assessment: - Sessional marks will be based on students performance in practical throughout the semester, Attendance, completion of the record books and regularity.

Sessional work (Internal)**30 Marks**

1) Attendance

05 Marks

2) Discipline

05 Marks

3) Assignments

20 Marks

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Syllabus for
B. Voc. (Health Care)
First-Year (Semester-III)
(Credit Based)

Semester III

Course Code: 16BV201

Max. Marks: 100

Course : - Yoga and Health

- Unit-I Concept of Panchakosha, Type of Panchakosha (Annamaya, Pranamaya Manomaya, Vijanyanmaya, Anandmaya), Concept of Triguna, Type of Triguna (Satva, Raja, and Tama), Concept of Panchamahabhutas (Akash Tatva, Vayu Tatva, Tej Tatva, Aap Tatva and Pritvi Tatva)
- Unit-II Principal of Yogic diet, introduction to Yogic Diet and Nutrition: Concept of Pathya-pathya, Mitahara, Satvik Ahara, Rajasik Ahara, Tamasik Ahara.
- Unit-III Human Psyche: Yogic and Modern concepts, Behavior and Consciousness, Frustration, Conflicts, Psychosomatic Disorders: Insomnia, Anxiety, Stress.
- Unit-IV Relationship between Mind and Body, Mental Hygiene: Meaning, definitions and aims and aspect of mental hygiene, Roll of Yoga in Mental Hygiene
Mental Health: Meaning, definitions of mental health, Characteristic of mentally healthy person, Roll of Yoga in mental health

Text Book

- | | | |
|------------------------------------|---|--|
| 1. Shiksha Manovidnyan | - | P. D. Pathak, Vinod Pustak Mandir Agra |
| 2. Sampurna Swasthavritta | - | Dr. Vijay Pathrikar |
| 3. Managing Stress | - | Shrivastava H. |
| 4. Swasthya ke Liye Yoga | - | Sadashiv Nimbalkar |
| 5. Secretes for Health & Longevity | - | Dr. Omkar Nath |

Reference Books:

- | | | |
|--------------------------------------|---|----------------------------|
| 1. Key to Health | - | M.K. Gandhi |
| 2. Yoga for Stress Relief | - | Thakur, Bharat |
| 3. Bhartiya Darshan ki Ruprekha | - | Prof. Harendra Singh Sinha |
| 4. Dhyan Yoga Sadhana | - | Swami Vijnananda Saraswati |
| 5. Kudrati Upachar (Panchamahabhuta) | - | Gandhiji |
| 6. Prakritik Ayurvijnan | - | Dr. Rakesh Jindal |

Distribution of Marks

External Examination

Total- 70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

- | | |
|---|----------|
| 1) Attendance Regularity and Discipline | 10 Marks |
| 3) Internal Exam Assignment etc. | 20 Marks |

Course outcomes: After completing this course,

1. The students understand the original context of yoga as spiritual development practices to train the body and mind to self observe and become aware of their own nature.
2. The students understand the purposes of yogi's to cultivate, discernment, awareness, self-regulation and higher consciousness in the individual.

Course Code: 16BV202

Total Marks: 100

Course : - Computer Software Applications

Unit-I: Word Processing Introducing Microsoft Word 2010, Features of MS word Application, Menu Bar, Tool Bar, Creating, Saving, and opening a word document. Text Formatting: setting Font, Font size, Color, Bullets and its styles, numbered lists, text styles. Page Layout: Margin, size, Page orientation, Header and Footer. Inserting Pictures, clip-arts, shapes, symbols. Inserting and Formatting Table. Mail Merge.

Unit –II: Microsoft Excel: Title Bar, Menu bar, Tool Bar with different tabs, Working with Worksheet: Cells, worksheet, workbook, rows and column, Cut, Copy, Paste commands, Formatting Cell, Formatting Worksheet, Visualizing Data using Conditional Formatting and Sorting and Filtering Data.

Unit-III: Working with Charts, Types charts, Creating Bar chart, Pie chart, line charts, Column Chart and Area Chart. Smart Art Graphics. Formulas and Functions: Basic Concept of formula, Operators in formula. Functions: Mathematical Functions, Statistical Function, Text Functions, Logical Functions.

Unit –IV: Introducing Microsoft PowerPoint 2010:Title Bar Menu Bar with Its tabs, Tool Bar, Presentation, Slide, Creating Slide, selecting slide layout, , Inserting slide, duplicating slides, moving and deleting Slide in presentation, Inserting and dealing with Objects like word Art, Clip Art, Image shapes, tables, sound, video. Enhancing the Presentation: Transition effect, Animation

Note: At least 70% of the lectures of this subject will be conducted in laboratory with hands-on practice on the computer system. The students will prepare a record book of assignment based on practicals performed in the laboratory. There will be minimum five practical assignments each on Word, Excel and Powerpoint.

Text Books:

- 1.Computer Course Kit-Windows-7 with Office2010(English)by Vikas Gupta,Dreamtech Press
- 2.Computer Course Kit-Windows-7 With Office 2010(Hindi)by Vikas Gupta, Dreamtech Press
- 3.Microsoft Office 2000 (in Hindi) by BPB Editorial Board, BPB Publication

Distribution of Marks

External Examination

Total- 70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each (The question can be split into subquestions of any denominations aggregating to 15 marks). First question will be a multiple choice questions on four units with internal choice.

Sessional Work (Internal)

30 Marks

- | | |
|----------------------------|----------|
| 1) Regularity | 05 Marks |
| 2) Practical Record book | 10 Marks |
| 3) Internal Practical Exam | 15 Marks |

Course Outcomes: After completion of this course the students,

- 1.will able to Create and Format word document
- 2.Will able to apply different effects to text ,Apply word Art ,shape ,symbols, clipart in a ddocument, insert contents of different types like images, tables, charts, etc.
- 3.Will be able to Use of mail-merge
- 4.Will learn to create & format Spreadsheet,Construct and use formulas, create different charts.
- 5.Will be able to create power point presentation, use different layouts for slides, give effects to slides, include Audio,Vedio and different styles.

Course Code: 16BVHC203
Course Name: Magnet Therapy

Max Marks: 100

- Unit-I** Introduction and History of Magnet Therapy, Meaning and Principles of Magnet Therapy, Characteristic of Magnet therapy
- Unit-II** Effects of magnet, Use of various Magnets, Methods of Magnet therapy, Merits and Demerits of Magnet therapy, Advantage of Magnet therapy
- Unit-III** Types of Magnets, Charging of water & Oil with its benefits, Use of Magnet therapy, Benefits of Magnet therapy
- Unit-IV** Methods of preparing Magnet Therapy, Various diseases that can be cure by Magnet therapy and its treatment and limitation, Electrical Magnet therapy, Practical hints about the use and preservation of Magnets.

Text Book:

- | | | |
|---------------------|---|----------------------|
| 1. Chumbak Chikitsa | - | Dr. Dhiren Gala |
| 2. Chumbak Chikitsa | - | Dr. Punamchand Rathi |
| 3. Chumbak Chikitsa | - | Dr. S. K. Sharma |

Reference Book:

- | | | |
|--|---|-------------------------------------|
| 1. Chumbak Chikitsa | - | Dr. Hiralal Bansal |
| 2. चुंबकिय चिकित्सा | — | गोविंद सिंह |
| 3. चुंबकिय चिकित्सा सामान्य रोगों का सरल इलाज— | | डॉ. एच. एल. बंसल / डॉ. आर. एस. बंसल |

Distribution of Marks

External Examination

Total- 70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

- | | |
|---|----------|
| 1) Attendance Regularity and Discipline | 10 Marks |
| 2) Internal Exam Assignment etc. | 20 Marks |

Course Outcomes: After studying this course the students,

1. Obtain basic knowledge of Magnet, its properties and its use in treatment.
2. Learn different types of magnets and their use in treatment of diseases.

3. Learn charging of water & Oil with magnet and know its benefits.
4. Understand advantages, disadvantages and Limitations of Magnet Therapy

Course Code: 16BVHC204**Max. Marks: 100**

Course Name: Fitness Management

- | | |
|----------|---|
| Unit-I | <p>Meaning of fitness & fitness Management. Modern concept of fitness</p> <p>Types of Fitness: i) General fitness ii) Physical fitness iii) Modern fitness</p> <p>Need and importance of fitness Management</p> |
| Unit-II | <p>Fitness Components: Components of fitness: i) Health related components
ii) Performance related components</p> <p>Means to develop fitness components- Aerobic and anaerobic exercise</p> <p>Factors affecting fitness: Age, Sex</p> <p>Type of Activity sedentary / Activity, Administration of fitness test.</p> |
| Unit-III | <p>Diet & Nutrition: Meaning of Balance Diet & Nutrition: Types of nutrients: Micro, Macro, Water, fiber etc. Effect of diet on fitness. Concept of BMI (Body Mass Index) & BMR (Basal Metabolic Rate)</p> |
| Unit-IV | <p>Fitness Programs: Methods of developing different fitness training Programme. Concept of free weight Vs machine sets and repetition etc. Fitness training programs for different age group. Exercise prescription for individual needs.</p> |

Reference Books :

1. Contemporary issues in Physical Education, fitness & Wellness-Dr. Abhay N. Buchha
2. Health Related Fitness by - Bill Tancred
3. Introduction to Physical Education Fitness and Sport - By Daryl Sciendetop
4. Test Measurement & Evaluation in Physical Education - D. K. Kansal

Distribution of Marks

External Examination

Total- 70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

- | | |
|---|----------|
| 1) Attendance Regularity and Discipline | 10 Marks |
| 2) Internal Exam Assignment etc. | 20 Marks |

Course Outcomes: After completing this course,

1. The students understand the meaning of importance fitness, types of fitness and fitness management.
2. Learn different means like aerobics, exercise, etc. to develop fitness.

3. Gain basic knowledge of diet and nutrition, types of nutrients, and their importance in health.
4. Understand concept of BMI, BMR, etc. and how to maintain them.
5. Understand how to plan fitness program, diet plan, etc. to keep health good.

Course Code: 16BVHC205

Course Name: Chromo Therapy

Unit-I	Introduction, meaning, definitions & history of chromo therapy Principles of chromo therapy, The source of light, solar system, analysis of light.
Unit-II	Types of colors: Primary & Secondary colors, limitations of chromo therapy, physiological use of Violet, Indigo, Blue, Green, Yellow, Orange, Red, Infra-Red and Ultra- Violet, Benefits of colors. Precaution in chromo therapy
Unit-III	Methods of charging by colors Charging of Air, Water, Oils, Food stuff, Glycerin, Vaseline, Raw Sugar, Milk, Rose-water, symptoms of deficiency of colours diagnostic methods.
Unit-IV	Therapeutic values of chromo therapy: Jaundice, Migraine, Skin Diseases, Anemia, Constipation, Asthma, Sciatica, Hypertension, Leucorrhoea. Methods of chromo therapy- Thermoliam, Infrared, Ultra Violet, different color lamps, charged water, oil, granules, Treatments of diseases by sun light ordinary sunbath, rickety sun bath, kuhne sunbath sun bath with wet cloth, Doses of charged colours as medicine, colours benefits from stoner/gems.

Text Book:

- | | | |
|-------------------------|---|-------------------|
| 1. Suryakiran Chikitsa | - | Dr. B.P. Nena |
| 2. Prakrutik Ayurvijnan | - | Dr. Rakesh Jindal |

Reference Book:

- | | | |
|--------------------------------|---|----------------------|
| 1. Suryakiran Chikitsa | - | Dr. B.P.Nema |
| 2. Prakrutik Ayurvigyan | - | Dr. Rakesh Jindal |
| 3. Chromopathy | - | jwala Prasad Jha |
| 4. The power of colour | - | Dr. Morton walker |
| 5. Suraj ki kiran chikitsa | - | Dr. Ajit Mehta |
| 6. Suryakiran Chikitsa | - | Dr. Hiralal |
| 7. Suraj ki kiranodwara Ilaaj | - | |
| 8. Surya Rashmi dwara Chikitsa | - | Smt. Rajkumari Gupta |

Distribution of Marks for External Examination

Total-70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of 10 marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Five Multiple Choice Questions of two marks each, based on four units with internal choice.

Sessional work (Internal)

30 Marks

- | | |
|----------------|----------|
| 1) Attendance | 05 Marks |
| 2) Discipline | 05 Marks |
| 3) Assignments | 20 Marks |

Course Outcomes:

1. Understand the basic principles of light, solar system, and chromotherapy.
2. Understand the analysis of light, types of color and their use to treat diseases.

3. Learn the methods of charging air, water, oils, etc. by colors and use in diagnosis and treatment of diseases.
4. Understand the therapeutic values of chromo therapy and also know it's limitations.

PRACTICAL

Course Code: 16BV206

Name: Practical of Yoga

Total Marks – 100

A) Asana:

Mark-10

Standing Asanas: Garudasana, Vrikshasana, Konasana, Trikonanasana

Sitting Asanas: Gomukhasana, Vakrasana, Ardhamstendrasana Ushtrasana, Paschimottanasana

Prone Position: Shalabhasana, Bhujangasana, Dhanurasana **Supine Position:** Viparitarani, Sarvangasana, Halasana, Chakrasana **Balancing Asanas:** Bakasana, Vatayanasana, Mayurasana

System of Examination

- | | |
|--|----------|
| 1) Any one asanas as told by examiners choice. | Marks-05 |
| 2) Any one asanas of candidate's choice. | Marks-05 |

B) Shatkarma (Kriya)

Marks-10

- | | | | |
|--------------|-----------------|----------------|--------|
| 1. Neti : | Jala and Sutra | 2. Dhauti : | Vamana |
| 3. Trataka : | Samip and Sudur | 4. Kapalabhati | |

System of examination:

Shatkarmas divided in two groups

(1) Without Instrument

Any one kriya as told by examiner's choice Marks-5

(2) With Instrument

Any one Kriya of candidate's choice Marks-5

C) Yogic Sukshma Vyayam

Marks-10

- | | |
|--------------------------------------|-------------------------------|
| 1) Anguli Shakti Vikasaka (1) | 2) Anguli Shakti Vikasaka (2) |
| 3) Anguli Shakti Vikasaka (2) | 4) Vaksha Shakti Vikasaka(1) |
| 5) Vaksha sthala Shakti Vikasaka (2) | 6) Udara Shakti Vikasaka(1) |
| 7) Udar Shakti Vikasaka (2) | 8) Udar Shakti Vikasaka (3) |
| 9) Udar Shakti Vikasaka (4) | 10)Udar Shakti Vikasaka (5) |
| 11) Udar Shakti Vikasaka (6) | 12)Udar Shakti Vikasaka (7) |

System of Examination:

Any one as told by examiner's choice Marks-05

Any one of candidate's choice Marks-05

D) Bandha & Mudra

Marks-10

Mahamudra, Nabhomudra, Khecharimudra, Mahavedh, Vipritkarni, Yoni, Tadagi, Manduki, Shambhavi, Ashwini, Pashini, Kaki, Matangi, Bhujangi and Jivhabandha, Jalandharbandha, Uddiyanbandha, Mulabandha & Jivhabandha

System of Examination:

Any one as told by examiner's choice Marks-05

Any one of candidate's choice Marks-05

E) Pranayam (Without Kumbhaka)

Marks-10

- 1) Suryabhedana 2) Shitali 3) Sitkari 4) Anulom – vilom (Alternate nostril breathing)

System of Examination

Any one as told by examiner's choice Marks-05

Any one by candidate's choice	Marks-05
Viva Voce	Marks -20
College Assessments	Marks -30
College Assessment:- Sessional marks will be based on students performance in practical throughout the semester, Attendance, completion of the record books and regularity.	
3) Attendance & Regularity	Marks-10
4) Practical Performance & Record	Marks-20

Course Code: 16BVHC207

Practical of Magnet Therapy & Chromo Therapy	Total Marks – 100
B) Use of high power magnet	Marks-05
C) Use of Electro magnets	Marks-10
D) Use of Magnet as local applications	Marks- 10
Chromo Therapy	Marks-25

- A) Preparation of charging of water, oil, powder and sugar of milk
- B) Radiation (infrared and color glass)

Viva Voce	Marks -20
College Assessments	Marks -30
College Assessment:- Sessional marks will be based on students performance in practical throughout the semester, Attendance, completion of the record books and regularity.	
1) Attendance & Regularity	Marks-10
2) Practical Performance & Record	Marks-20

Course Code: 16BVHC208

Practical of Fitness Management	Total Marks – 100
A] Basic Skill in	Marks-25
i) Weight Training'	
ii) Weight Lifting	
iii) Body Building	
iv) Power lifting	
B] Exercises	Marks-25
i) Shoulder Exercise	
ii) Chest Exercise	
iii) Biceps Exercise	
iv) Triceps Exercise	
v) Fore Arms	
vi) Abdomen Exercise	

Viva Voce	Marks -20
College Assessments	Marks -30
College Assessment:- Sessional marks will be based on students performance in practical throughout the semester, Attendance, completion of the record books and regularity.	
1) Attendance & Regularity	Marks-10
Practical Performance & Record	Marks-20

Shree H.V.P. Mandal's
Degree College of Physical Education
(Autonomous College), Amravati.



Syllabus for
B. Voc. (Health Care)
First-Year (Semester-IV)
(Credit Based)

Semester-IV

Subject Code: 16BV209

Subject: - Applied Yoga

Unit-I	Aim, objectives, Scope and application of Yoga Role of Yoga for Life management, Therapeutic aspect of Yoga- Heart disease, Constipation, Asthma, Sciatica, Migraine, Arthritis, Spondylosis, Sinusitis
Unit-II	Health: Types of health- Physical health, mental health, Familiar/ Social Health Concept of Physical health, Factors of Physical health. Relation of health with fitness. Yoga and mental health: Meaning and definitions of Mental Health, Yoga & Physical health, , Yoga & Mental, , Yoga & Social health
Unit –III	Yoga for children, Yoga for women, Yoga for oldest, Yoga for healthy person, Yoga for pregnant women. Uses: Health security, Life in School, Sports man
Unit-IV	Yoga and Executives - Problems of executives. Contribution of yoga to solve the problems of the executives. Conflicts resulting in fatigue. Use of artificial stimulants & their untoward effects,

Tex Books:

1. Applied Yoga	Gharote M.L.
2. Yoga Evam Manasik Swasthya (Hindi)	Pracharya Ranjeetsing Bhogal
3. Yoga Mahavijnan	Dr. Kamakhya Kumar
4. Purna Yoga	Swami Shantidhrama Sarswati

Reference Books:

1. Applied Yoga Therapy	Dr. Ganesh Shankar
2. Applied Yoga Therapy	R. S. Bhogal

Distribution of Marks for External Examination

Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of 10 marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Five Multiple Choice Questions of two marks each, based on four units with internal choice.

Sessional work (Internal)

30 Marks

1) Attendance	05 Marks
4) Discipline	05 Marks
5) Assignments and Internal Examinations	20 Marks

Course Outcome:

This course will enable students to use yoga in different sections of society to overcome psycho-somatic disorders.

Subject Code: 16BV210

Subject: - Environmental Education

- Unit I Environmental Education: Meaning, Scope & Nature, Environmental Pollution: Types and effects of Water Pollution, Air Pollution, Noise Pollution, Soil Pollution
- Unit II Global Effects due to over-exploitation of Environment: Green House Effect, Ozone layer depletion, Acid Rain, Rise of Sea level, Need of Environmental Education for Public awareness
- Unit III Ecosystem: Concept, Structure and Functions, Energy flow ecosystem, Food chains, food webs and ecological pyramids, Introduction, types, characteristics features, structure and function of the following: i) Forest ecosystems
ii) Grassland ecosystems iii) Desert ecosystems iv) Aquatic ecosystems (Lakes, Rivers, Oceans, Estuaries)
- Unit IV Programme of Environmental Education for attitude changes among the children, Environment and Human Health, Environmental Management: Its need and vis-a-vis development, ii) Legal provisions for environmental management

Text Book:

- | | | |
|--------------------------------|---|--------------------------|
| 1. Pryavaran Shiksha | - | R. Lal |
| 2. Pryavaran Shiksha | - | Dr. Radhavallabh Upadyay |
| 3. Paryavaran shastra Parichay | - | Dr. Jaykumar Mag |

Reference Books:

1. Abbasi S.A. (1988), Environmental Pollution & Its control contingent International P.B.-340, Pondicherry
2. Sharma R.C. Environmental Education, Metropolitan Book Company Pvt. Ltd., New Delhi, (1986)
3. Environmental Studies : Dr. M.K. Goyal
4. Environmental Education : Dr. R.A. Sharma

External Examination

Total- 70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

- | | |
|---|----------|
| 1) Attendance Regularity and Discipline | 10 Marks |
| 4) Internal Exam Assignment etc. | 20 Marks |

Course Outcomes:

After studying this course the students,

1. Gain the knowledge, scope and importance of environmental studies.
2. Understand the importance of environmental studies and public awareness.
3. Acquire the knowledge of historical background of environmental studies.
4. Understand structure, functions of ecosystem and ecological pyramids
5. Understand the meaning of producers consumers and decomposers
6. Acquire the knowledge of different types of ecosystem
7. Understand the knowledge of effect of control measures of different types of pollutions

Subject Code: 16BV211

Subject: - Dravya Goon Vidnyan

Unit-I Definition of Dravya Goon Vidnyan, Indroduction of saptapadartha of Dravya Goon Vidnyan Viz- Rasa- Guna- Virya-Vipaka-Prabhava and Karma.

Vijnan-

Concept of Dravya Goon Vidnyan (Purification).

Brief knowledge of Apamishran (Adulterants) Concept of Abhav Pratinidhi Dravya (Substitutes) Concept of Viruddha Dravya.

Unit-II Explanation of following karmas with examples:

Deepan, Pachana, Samshodhana, Samshamana, Anulamana, Sransana, Bhedana, Rechana, Chedana, Lekhana, Grahi, Stambhana, Madakari, Pramathi, Abhishyandi, Vyavayi, vikashi, Rasayana, Vajeekarana, Jeevaneeya, Balya, Bhimhana, Langhana, Medhya etc.

Unit-III Introduction of Mishrak Gana and their Uses-Brihatpanchamoola. Laghupanchamoola, Vallipanchamoola, Kantakpanchamoola, Trinapahcamoola, Madhyampanchamoola, jeevaneeyapanchmoola, Panchapallava, Panchavalkala, Triphala, Trikatu, Trimada, Panchakola, Chaturbeeja, Jeevaniyagana, Ashtavarga, Trijataka, Chaturjataka, Panchatikta, Amlapanchaka,

Unit-IV Classification of desha (geographical area) and bhumi (Soil) Dravyasangrahan Vidhi (Method of collection) Period of collection according to virya Samrakshan vidhi. (Preservation of collected dravyas) Bheshajagara (Store house).

Reference Books :

- | | |
|---------------------------------------|----------------------------|
| 5. Classical uses of Medicinal Plants | - Acharya Priyavra/Sharma |
| 6. Dravyagunavijyana | - Dr. V. M. Gagne |
| 7. Dravyagunavijyana | - Acharya Priyavrat/Sharma |
| Dravyagunavijyama | - Dr. A. P. Deshpande |
| 8. Dravyagunashastram | - Vaidya G. A. Phadke |

Distribution of Marks

External Examination**Total- 70**

Marks The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each (The question can be split into subquestions of any denominations aggregating to 15 marks). First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)**30 Marks**

- | | |
|---|----------|
| 1) Attendance Regularity and Discipline | 10 Marks |
| 2) Internal Exam, Assignment etc. | 20 Marks |

Course Outcomes:

1. The student gets knowledge of medicinal plants, their properties and their therapeutic use.
2. Students Gain knowledge of desh, bhoomi, vidhi, virya, etc.

Subject Code: 16BVHC212**Subject: - Panchakarma and it's Application**

- Unit- I **Introduction to Panchakarma**, Panchakarma, its importance for promotion of health, prevention and treatment of diseases.
Trividha Karma- Purva, Pradhana and Pashchat Karma in relation to Shodhana and their importance.
- Unit-II General precautions for Panchakarma, Specifications of Panchakarma treatment and necessary equipments for Panchakarma
- Unit- III Snehana: Types: According to Charak & Sushrut doses and methods of administration and precautions,
- Unit- IV Swedan- Type: Various dravyas used in swedan methods of administration and precautions. Introduction of Vamana karma: Vaman karma- preparation of patients past vaman management.

Text Books:

- | | | |
|---|---|------------------------------|
| 1. Panchakarma Vigyan | - | Dr Haridas Shreedhar Kasture |
| 2. Auyrvediya Panchakarma Vijanan | - | Vaidya Haridas Kasture |
| 3. Auyrvediya Panchakarma Vijanan | - | Prof. Vaidya Ya. Go. Joshi |
| 4. Panchakarma Chikitsa Vijanan (First & Second Edi.) | - | Dr. T. L. Deoraj |
| 5. Clinical Panchkarma (English) | - | Dr. P.Yadaiah |
| 6. Prayogika Panchkarma (Hindi) | - | Dr. P. Yadaiah |

Reference Books:

1. Charak Samhita with Commentary of Ayurveda Dipika by Chakrapanidatta & Jalpakalpataru by Gangadhara
2. Ayurvediya Panchakarma Chikitsa - Dr Mukundilal Dwivedi
3. Illustrated Panchakarma - Dr.G Srinivasa Acharya
6. Vivida Vyadhiyome Panchkarma (Hindi) - Dr. P. Yadaiah
7. The Panchkarma Treatment of Ayurveda with Kerala Specialtie -Dr. T.L. Devaraj

8. Principles and Practice of Basti	-	Dr. Vasudevan & Dr. L. Mahadevan
9. Panchakarma Sangraha	-	Dr. Manoj Shamkuwar
10. Essential of Panchakarma Therapy	-	Dr.Pulak Kanti Kaur
11. Principles and Practice of Panchakarma	-	Vaidya Vasant Patil
12. Ayurved ke Mool Sidhanta Evam Unki Upyogita-	-	Dr. Laxmidhar Dvivedi

Distribution of Marks for External Examination

Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of 10 marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Five Multiple Choice Questions of two marks each, based on four units with internal choice.

Sessional work (Internal)

30 Marks

1) Attendance	05 Marks
2) Discipline	05 Marks
3) Assignments	20 Marks

Course Outcomes:

1. The student would learn basic principles of panchkarma and the 'Karmas' involved in it.
2. Learn the proper way of performing PanchKarma.
3. Learn advantages and disadvantages of pachkarma.
4. Students are introduced to Panchakarma procedure along with detail study of Snehan, Swedan and Vaman karma.

Subject Code: 16BVHC213

Subject: - Elective-I)

i) Hydrotherapy & Mud Therapy

Unit-I	Introduction of Hydrotherapy: Principal of Hydrotherapy. Physical Properties of Water, Physiological effects of water application, respiration, Digestion, Action and Reaction. Classification of Hydrotherapy Prescriptions
Unit-II	Mineral Water Bath, Continuous Bath, Shower Bath, Towel Bath, Foot Bath, Hip Bath, Hot Hip Bath, Sitz Bath, Spinal Bath, Hot Spinal Bath, Eye Bath, Head Bath, Use of Hot Water, Drinking Hot Water, Enema with Hot Water, Hot Water Bath, Shallow Bath, Hot Hip Bath, Hot Foot Bath, Hot Fomentation, Alternate Fomentation, Healing by Hot Water Bottles.
Unit-III	Wet Bandage, Cold Wet Bandage, Hot Wet Bandage, Wet Sheet Pack, Foot pack, Wet Bandage on Head, Wet Bandage on Neck, Wet Bandage of Chest or Chest Pack, Wet Bandage on Stomach, Wet Bandage on Waist, Full Body Wet Pack, Ice Pack
Unit-IV	Introduction of Mud Therapy: Types of Mud, Collection and properties of mud, Mud Poultice, General and Local Mud Applications, Physiological effects of Mud Therapy, Therapeutic Values of mud therapy

Text Books:

1. Jala Chikitsa	-	Sharanprasad
2. Jala Cihikitsa	-	Dr. Onkarnath/ Dr. Niaj

- | | |
|---------------------------------|----------------------|
| 3. Dawas Nature Guide (Hindi) - | Dr. R. S. Dawas |
| 4. Surya Rashmi Dwara Chikisa - | Smt. Rajkumari Gupta |
| 5. Prakrutik Ayurvijnyan - | Dr. Rakesh Jindal |

Distribution of Marks

External Examination

Total- 70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

- | | |
|---|----------|
| 1) Attendance Regularity and Discipline | 10 Marks |
| 2) Internal Exam Assignment etc. | 20 Marks |

Course Outcomes:

1. To gain the knowledge, scope and importance of Hydrotherapy in health.
2. To understand structure & functions of water.
3. To acquire the knowledge of methods of Hydrotherapy in life style.
4. To get knowledge of types of Mud.
5. Method and Physiological effects of Mud Therapy.
6. To gain the knowledge of preparing mud for therapy.
7. In day of day life, how mud element is used for good health

Subject Code: 16BV213

Subject: - Elective-I

ii) Physiotherapy – Exercise Therapy

- | | |
|-----------------|---|
| Unit-I | Introduction to exercise therapy,
Mechanical principle applied in human body – gravity, centre of gravity, line of gravity, base of support, equilibrium, axis and planes
Disability models – ICIDH model of disability, Nagi model of disability, ICF model Movements |
| Unit-II | Passive movements – definition, classification, indications, contra indications, advantages, limitations, techniques - emphasize PROM to upper, lower, neck and trunk muscles
Active movements - definition, classification, indications, contra indications, advantages, limitations, techniques - emphasize active movements to upper, lower, and neck and trunk muscles |
| Unit-III | Starting positions – muscle work, effect and uses and derived positions
Relaxation – definition, types of relaxation, relaxation techniques
Suspension – definition, types, uses and therapeutic applications
Joint range measurement – Goniometer, types and techniques of measuring joint ROM |
| Unit-IV | Measurement of limb length, girth |

Manual muscle testing – grading system, techniques- emphasize on skill to grade upper, lower, neck and trunk muscles.
Mobility aids – crutches, canes, walker

Reference Books:

- | | | |
|------------------|---|---------------|
| Exercise therapy | - | Dena Gardiner |
| Electrotherapy | - | Clayton |

Distribution of Marks

External Examination

Total- 70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each (The question can be split into subquestions of any denominations aggregating to 15 marks). First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

- 1) Attendance Regularity and Discipline
- 2) Internal Exam, Assignment etc.

10 Marks

20 Marks

PRACTICAL

Subject Code: 16BV214

Name: Practical of Yoga

Total Marks – 100

Syllabus with Examination System

A) Asana:

Mark-10

Standing Asanas: Konasana, Trikonasana, Garudasana, Vrikshasana,

Sitting Asanas: Suptavjrasana, Ardhamstendrasana, Ushtrasana, Paschimottanasana

Prone Position: Naukasana Bhujangasana, Dhanurasana

Supine Position: Chakrasana, Setubandhasana, Sarvangasana, Halasana

System of Examination

- 1) Any one asanas as told by examiners choice.
- 2) Any one asanas of candidate's choice.

Marks-05

Marks-05

.B) Shatkarma (Kriya)

Marks-10

- 1 Dhauti : Danda Dhauti & Vastra Dhauti

System of examination:

Any one kriya as told by examiner's choice

Marks-5

Any one Kriya of candidate's choice

Marks-5

C) Yogic Sukshma Vyayam**Marks-10**

1) Udara Shakti Vikasaka (8)

2) Udara Shakti Vikasaka (9)

3) Udara Shakti Vikasaka (Nauli) (10)

4) Kati Shakti Vikasaka (1)

5) Kati Shakti Vikasaka (2)

6) Kati Shakti Vikasaka (3)

7) Kati Shakti Vikasaka (4)

8) Kati Shakti Vikasaka (5)

9) Muladhar Chakra Shudhi.

10) Upastha thatha swadhisthan Chakara shuddhi

System of Examination:

Any one as told by examiner's choice

Marks-05

Any one of candidate's choice

Marks-05

D) Bandha & Mudra**Marks-10**

Mahamudra, Nabhomudra, Khecharimudra, Mahavedh, Vipritkarni, Yoni, Tadagi, Manduki, Shambhavi, Ashwini, Pashini, Kaki, Matangi, Bhujangi and Jivhabandha, Jalandharbandha, Uddiyanbandha, Mulabandha & Jivhabandha

System of Examination:

Any one as told by examiner's choice

Marks-05

Any one of candidate's choice

Marks-05

E) Pranayam (Without Kumbhaka)**Marks-10**

1) Suryabhedana

2) Shitali

3) Sitkari

4) Bhramari

System of Examination

Any one as told by examiner's choice

Marks-05

Any one by candidate's choice

Marks-05

Viva Voce**Marks -20****College Assessments****Marks -30**

Sessional marks will be based on student's performance in practical throughout the semester, Attendance, completion of the record books and regularity.

Sessional work (Internal)**30 Marks**

1) Attendance

05 Marks

4) Discipline

05 Marks

5) Assignments

20 Marks

Subject Code: 16BVHC215**Name: Practical of Hydrotherapy & Mud Therapy and Health Club Management****Total Marks – 100****Hydrotherapy & Mud Therapy****Marks-25****Hydrotherapy****Marks-15**

Application of Hip Bath, Spinal bath, Sitz bath, Steam Bath, Local Steam, Full Immersion Bath, Fomentation, Wet Pack, Enema

System of Examination

- | | |
|--|----------|
| 1) Any two type of hydrotherapy as told by examiner's choice | Marks-10 |
| 2) Any one type of hydrotherapy of candidate's choice | Marks-05 |

Mud Therapy

Marks-10

Mud Application such as local and full mud plaster, packs

System of Examination

- | | |
|--|----------|
| 1) Any one type mud therapy as told by examiner's choice | Marks-05 |
| 2) Any one type mud therapy of candidate's choice | Marks-05 |

Health Club Management

Marks-25

- i) Shoulder Exercise
- ii) Chest Exercise
- iii) Thigh Exercise
- iv) Calf Exercise
- v) Back View
- vi) Fore Arm Exercise

Viva Voce

Marks -20

College Assessments

Marks -30

Sessional marks will be based on student's performance in practical throughout the semester, Attendance, completion of the record books and regularity.

Sessional work (Internal)

30 Marks

- | | |
|----------------|----------|
| 1) Attendance | 05 Marks |
| 2) Discipline | 05 Marks |
| 3) Assignments | 20 Marks |

Subject Code: 16BVHC216

Subject Name : Practical of Panchakarma

Total Marks – 100

Panchakarma

- | | |
|---|-----------|
| 1. Snehan and Swedan :-Types and their practical application | Marks -25 |
| 2. Vaman Karma :- Drugs used, their identification and dose & Preparation | Marks -25 |

Viva Voce

Marks -20

College Assessments

Marks -30

Sessional marks will be based on student's performance in practical throughout the semester, Attendance, completion of the record books and regularity.

Sessional work (Internal)

30 Marks

- | | |
|----------------|----------|
| 1) Attendance | 05 Marks |
| 2) Discipline | 05 Marks |
| 3) Assignments | 20 Marks |

Shree H.V.P. Mandal's
Degree College of Physical Education
(Autonomous College), Amravati.



Syllabus for
B. Voc. (Health Care)
First-Year (Semester-V)
(Credit Based)

Course Code: 16BV301

Course : - Yoga Therapy

- Unit – I :** Meaning, Definitions & importance of yoga therapy, Scope of Yoga Therapy, Principles of Yoga Therapy, merits and demerits of Yoga Therapy, preventive & curative and aspects of Yoga Therapy
- Unit – II:** Techniques of Yoga Therapy, Methods of Yoga Therapy, Integrated approach to Yoga Therapy
- Unit – III:** Use of Asana, Pranayama, ShatKarma & Supporting treatments of Yoga Therapy: Use of mechanical aids : Ropes, Belts, cushions, special benches, Brisk, Chair & other supports
- Unit – IV:** Yogic treatments of various disorders such as Respiratory disorders (Asthma, Sinusitis, Cough and its causes & symptoms), Digestive disorders (Acidity, Constipation, Gastritis and its causes & symptoms), Disorders of spine–Backache, Cervical Spondylitis, Lumbar Spondylitis and its causes & symptoms

Test Books :-

- | | | |
|--|---|----------------------|
| 1) Swasthya Ke Liye Yoga | - | Sadashiv Nimbalkar |
| 2) Swasthya Vitta Vijnan Evam Yogic Chikitsa | - | Dr. Rakesh Giri |
| 3) Holistic Approach of Yoga | - | Ganesh Shankar |
| 4) Yoga Evam Yogic Chikitsa | - | Prof. Ramharsh Singh |
| 5) Yoga Parichay | - | Vishvas Mandlik |

Reference Books :-

- | | | |
|-----------------------------------|---|---|
| 1) Yogic Therapy | - | Swami Kuvalananda |
| 2) Swadhyaya & Yoga Therapy | - | Dr. D.R. Vaze Gurukul Sadashiv Peth, Pune. |
| 3) Yogic Cure for common Ailments | - | Bright P.S., Bright Career, Delhi. |
| 4) A Life Saver | - | Dr. S.V. Karendikar, Kabir Bag Math, Sansthan, Pune |

Distribution of Marks External Examination

Total -70 Marks

Distribution of Marks

External Examination

Total- 70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

- | | |
|---|----------|
| 1) Attendance Regularity and Discipline | 10 Marks |
| 3) Internal Exam Assignment etc. | 20 Marks |

Course outcomes:

1. The students will get knowledge of therapeutic concept of Yoga which can be utilized by them while treating patients.

2. Students get knowledge of different yogic practices like Asana, Pranayama, Shatkarmas, Dhyana etc.
3. Students understand Integrated approach of Yoga Therapy and Yogic treatment of various disorders

Course Code: 16BV302

Total Marks: 100

Course Name: Disaster Management

Unit – I Introduction to Disaster

Meaning and definition of Hazard, Vulnerability, Disaster and Risks, Components, Dimension and Phases of disaster, Classification, Causes and Impacts of disaster, Difference between Accidents and Disasters, Simple and Complex Disasters.

Unit- II Types, Trends, Causes, Consequences and Control of Disasters

Geological Disasters (earthquakes, landslides, tsunami, mining); Hydro- Meteorological Disasters (floods, cyclones, lightning, thunder, storms, hail storms, avalanches, droughts, cold and heat waves), Biological Disasters (epidemics, pest attacks, forest fire); Technological Disasters (chemical, industrial, radiological, nuclear) and Man -made Disasters (building collapse, rural and urban fire, road and rail accidents, nuclear, radiological, chemicals and biological disasters), Global Disaster Trends - Emerging Risks of Disasters - Climate Change and Urban Disasters

Unit- III Disaster Management Cycle and Framework

Disaster Management Cycle - Paradigm Shift in Disaster Management, Pre - Disaster - Risk Assessment and Analysis, Risk Mapping, zonation and Microzonation, Prevention and Mitigation of Disasters, Early Warning System; Preparedness, Capacity Development; Awareness, During Disaster - Evacuation - Disaster Communication - Search and Rescue - Emergency Operation Centre - Incident Command System - Relief and Rehabilitation – Post-disaster - Damage and Needs Assessment, Restoration of Critical, Infrastructure – Early Recovery - Reconstruction and Redevelopment;

Unit- IV Disaster Management in India

Disaster Profile of India - Mega Disasters of India and Lessons Learnt, Disaster Management Act 2005 - Institutional and Financial Mechanism, National Policy on Disaster Management, National Guidelines and Plans on Disaster Management; Role of Government (local, state and national), Non - Government and Inter -Governmental Agencies

Text Books:

1. Gupta Anil K, Sreeja S. Nair. 2011 Environmental Knowledge for Disaster Risk Management, NIDM, New Delhi.
2. Kapur Anu 2010: Vulnerable India: A Geographical Study of Disasters, IIAS and Sage Publishers, New Delhi.

Reference Books:

- 1 Alexander David, Introduction in 'Confronting Catastrophe', Oxford University Press, 2000
2. Andharia J. Vulnerability in Disaster Discourse, JTCDM, Tata Institute of Social Sciences Working Paper no. 8, 2008
3. Blaikie, P, Cannon T, Davis I, Wisner B 1997. At Risk Natural Hazards, Peoples' Vulnerability and Disasters, Routledge.
4. Coppola P Damon, 2007. Introduction to International Disaster Management,

5. Carter, Nick 1991. Disaster Management: A Disaster Manager's Handbook. Asian Development Bank, Manila Philippines.
6. Cuny, F. 1983. Development and Disasters, Oxford University Press. Document on World Summit on Sustainable Development 2002.

Distribution of Marks for External Examination Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of 10 marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Five Multiple Choice Questions of two marks each, based on four units with internal choice.

Sessional work (Internal)	30 Marks
1) Attendance	05 Marks
2) Discipline	05 Marks
3) Assignments and Internal Examinations	20 Marks

Course Outcomes:

1. Develop an understanding of the key concepts, definitions a key perspectives of All Hazards Emergency Management.
2. Understand the Emergency/Disaster Management Cycle.
3. Have a basic understanding for the history of Emergency Management.
4. Develop a basic under understanding of Prevention, Mitigation, Preparedness, Response and Recovery.
5. Develop a basic understanding for the role of public an private partnerships.

Course Code: 16BVHC303

Course : - KashayKalpana

Unit- I	Definition of Rasashastra&BhishajyaKalpanaPanchakarma, Swarasa: Definition & types, Production Method: Tulsiatraswarasa, KutajPutpakSwarasa,Kalka: Definition, Production Method-Rasonkalkanirman, Churnakalpana, HingvashtakChurnaairman
Unit-II	Quwath: Definition, Jalmatra, Production method- RasnaSaptakQuwath, Him: Definitions, Production Menthod- Dhanyak him Ashta: Definition, Producion Method- Amradifashta Awaleh: Definition, Production Method-DhyavanprashAwaleh.
Unit- III	GutikaNirman- Definition, Production-SanjeevaniVatiGuggulKalpa: Definition, production method- Yogarajguggal, SnehaKalpana: Definitions types of snehapakPrayojana, Symtoms of Snehasidhi, Production methid- Narayana oil, trifalaGhruta. Sandhankalpana- Definitions, AsawaArishtaBheda Production Method: KumariAsawa
Unit- IV	MalaharaKalpana: Definition, Production Method-ParadadiOintment (Malahara), BhanjanProdction, DhumvartiNirman, Pathyakalpana: Mandu, peya, vilipiyavagu, definitions & production.

Text Books:

- | | | |
|--------------------------|---|------------------------|
| 1) RsabhaishashyaKalpana | - | SantoshKhandal |
| 2) BhaishyajyaKalpana | - | Siddhunandan Mishra |
| 3) SharangadharSanhita | - | Dr. ShailajaShrivastav |

External Examination**Total- 70 Marks**

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)**30 Marks**

- 1) Attendance Regularity and Discipline
- 2) Internal Exam Assignment etc.

10 Marks
20 Marks

Course Outcomes:

1. In kashay Kalpana student will be accustomed with standardized preparation of Ayurvedic herbal formulation along with brief knowledge about doses and benefits.
2. Will be able to extract 'Rasa' from the medicinal plants and prepare herbal medicines.
3. The student learning this subject will be able to assist doctors in "Ras Shalas" in preparation of herbal medicines.

Course Code: 16BVHC304**Course : - Panchakarma& It's Applications-II**

- Unit-I Definition and importance of Virechana Karma, Utility of Virechana Karma in health and disease, Indications and Contraindications for Virechana, Purva Karma of Virechana: Deepan- Pachana, AbhyantaraSnehana and diet, Management of 3 gap days-Abhyanga, Svedana& diet, Management on Morning of Virechana day, Method of Virechana Karma and management during Virechana Karma & observations, Symptoms of Samyak Yoga, Ayoga and Atiyoga of Virechana Karma, Post Virechana management Types of Shuddhi-Hina, Madhya and Pravara and accordingly SamsarjanaKrama, Complications of Virechana and their management with Ayurveda
- Unit-II Definition and importance of Basti as Ardha-Chikitsa, Utility of Basti Karma in health and disease, BastiYantra- Putaka&Netra, Detailed study of traditional BastiYantra and their Doshas Knowledge of alternative BastiYantra-enema can, enema syringe, modified plastic/rubber bag for Putaka, modified plastic netra. Classifications of Basti Karma, Kāla and Yoga Basti schedules along with their utility.NiruhaBasti: Its synonyms, definition, classifications, sub-classifications & indications and contraindications. AnuvasanaBasti: Its synonyms, definition, classifications, indications and contraindications. Local basti as janubasti,katibasti,etc
- Unit -III Nasya: Definition, Significance of Nasya Karma. Classifications and sub-classifications, Knowledge of general Dravya used for Nasya Karma, Indications and contraindications of Nasya, Time of administration of Nasya,Dose fixation of different types of Nasya, Diet and regimen before and after Nasya Karma, Administration of Marsha, Pratimarsha, Avapeedaka, Dhoomapana and DhumaNasya, Symptoms of Samyak-yoga of Nasya, Complication of Nasya and their management
- Unit -IV Raktamokshana: Definition, importance and Types of Raktamokshana, Classification of Raktamokshan, General Indication and Contra indication of

Raktamokshan.Jalaukavacharana: Knowledge of different types of Jalauka (Leech), Indications and contraindications of Jalaukavacharana, various types of Jalauka. Method of Application, SamyakLakshan, Complication of Jalaukavacharana and their management with Ayurveda

Text Books:

- | | | |
|--|---|---------------------------|
| 7. PanchakarmaVigyan | - | DrHaridasShreedharKasture |
| 8. AuyrvediyaPanchakarmaVijanan | - | VaidyaHaridasKasture |
| 9. AuyrvediyaPanchakarmaVijanan | - | Prof. VaidyaYa. Go. Joshi |
| 10. PanchakarmaChikitsaVijanan (First & Second Edi.) | - | Dr. T. L. Deoraj |
| 11. Clinical Panchkarma (English) | - | Dr. P.Yadaiah |
| 12. PrayogikaPanchkarma (Hindi) | - | Dr. P. Yadaiah |

Reference Books:

- | | |
|--|-------------------------------|
| 3. CharakSamhita with Commentary of Ayurveda Dipika by Chakrapanidatta&Jalpakaalpataru by Gangadhara | |
| 4. AyurvediyaPanchakarmaChikitsa | - DrMukundilalDwivedi |
| 3. VividaVyadhiyomePanchkarma (Hindi) | - Dr. P. Yadaiah |
| 4. The Panchkarma Treatment of Ayurveda with Kerala Specialtie | -Dr. T.L. Devaraj |
| 5. Principles and Practice of Basti | Dr.Vasudevan&Dr. L. Mahadevan |
| 6. Essential of Panchakarma Therapy | - Dr.PulakKantiKaur |
| 7. Principles and Practice of Panchakarma | - VaidyaVasantPatil |
| 8. AyurvedkeMoolSidhantaEvamUnkiUpyogita | - Dr. LaxmidharDvivedi |

External Examination

Total- 70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

- | | |
|--|----------|
| 1)Attendance Regularity and Discipline | 10 Marks |
| 5) Internal Exam Assignment etc. | 20 Marks |

Course Outcome:

- The student would understand Panchakarma procedure along with detail study of Snehana, Swedan and Vaman karma.

Course Code:16BVHC305

Course : - Elective-2

El 1) Diet Nutrition & Fasting

Unit- I

Principles of diet, Classification of food and drinks, Deficiency diseases, Artificial foods and their ill-effects, Acidic and Alkaline foods, Digestion, Absorption and Assimilation, Customs and Manners of eating, Combination of foods, Value of foods in raw, germinated and cooked form, What to eat, how to and how much to eat. Nutrition and its Importance, Nutrition and Natural Resistance of infection, Balanced Diet.

Unit-II

Diet in health & disease - Cold, constipation, indigestion, Anaemia, Rheumatism, Skin Disorders, Asthma, Obesity, menstrual Disorders. Fruit- importance of fruit,

fruit treatment, disease & juice treatment- Insomnia, Acidity, Ulcer, Hypertension, Cancer, Constipation, Cough, Gas Trouble, pregnancy, Rheumatism, Skin disease, Jaundice, piles, Diabetes mellitus, Obesity. Methods of cooking food for advantages, Effect of cooking on nutritive value, effect of cooking on various nutrients, Effect of methods of cooking on nutrients present in foods.

Unit-III What is fasting? Historical background of fasting, Definition and classification of fasting, General classification of fasting, methods and types of therapeutic fasting (Dry, Water, Juice, Saline, Mono diet (Kalpa), Fruit, Intermittent, preventive, weekly etc.)

Unit-IV Physiological effects of fasting, Physiological aspects, Study of the tongue, the breath, the temperature and pulse etc, the loss and the gain of weight, How and when to break the fast, indications and contraindications of fasting, fasting in acute diseases, fasting in chronic diseases, Role of fasting in various diseases, obesity and fasting, prevention of diseases.

Text Books:

- | | | |
|---|---|-------------------|
| 1) PrakritikAyurvijnan | - | Dr. Rakesh Jindal |
| 2) Nutrition & Health: The Vegetarian Way | | |
| 3) Diet Cure For Common Ailments | - | H. K. Bakhru |
| 4) Food | - | Dr. Rajiv Rastogi |

Reference Book:

- | | | |
|------------------------------|---|--------------------|
| 1) PrakrutikChiktsa me Ubhad | - | Dr. Sharan Prasad |
| 2) UpasChiktsa | - | Burner Makfedal |
| 3) Upas se JeevanRaksha | - | Harbert M. Shelton |
| 4) AharVidnyan | - | Satyapal |
| 5) Fasting | - | R. M. Mehta |
| 6) AharChiktsa | - | V. Modi |

Distribution of Marks

External Examination

Total- 70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

- | | |
|---|----------|
| 1) Attendance Regularity and Discipline | 10 Marks |
| 2) Internal Exam Assignment etc. | 20 Marks |

Course Outcomes:

1. The students acquire the knowledge of different types of foods.
2. Get knowledge of how to eat, when to eat, how much to eat.
3. For health to study of diet types of diet like constructive, balance eliminative diet.
4. To acquire knowledge of nutrition values and contains for health

Course Code:16BVHC305

Course : - Elective-2

El 2) Physiotherapy-Electrotherapy

- Unit – I** Basic components of electric current – electrons, protons, neutrons, ions, matter, molecules Current electricity – static electricity, electric charge, conductors, conduction of electricity, resistance, factors effecting
- Unit – II** Introduction of different types of electrical stimulation modalities
Introduction different kinds of heating modalities
- Unit – III** Handling of the machines Indications and contraindications
- Unit – IV** Physiological effects of the different modalities. Uses of the machines and case history.

Reference Books:

- | | | |
|------------------|---|---------------|
| Exercise therapy | - | Dena Gardiner |
| Electrotherapy | - | Clayton |

External Examination

Total- 70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of Ten marks and remaining four questions based on four units with internal choice will have fifteen marks each. First question will consist of Multiple Choice Questions based on four units with internal choice.

Sessional work (Internal)

30 Marks

- | | |
|---|----------|
| 1) Attendance Regularity and Discipline | 10 Marks |
| 2) Internal Exam Assignment etc. | 20 Marks |

Course Outcomes:

1. The student understand the use of E of electrical energy for medical treatment.
2. Learns to apply variety of electrical devices such as deep brain stimulators for neurological disease.
3. Learns to the use of electric current to speed up wound healing
4. The students learning this subject will be prepared to work as an assistant to a physiotherapy doctor.

PRACTICALS

Course Code: 16BV306

Course : - Practical of Yoga Therapy

100 Mark

A) Yogic SukshamVyayam

10 Mark

- | | | |
|-----------------------------|-------------------------------|------------------|
| 1)Kundalini Shakti Vikasaka | 2) Jangha Shakti Vikasaka (1) | 3) Jangha Shakti |
| Vikasaka (2) | 4) Janu Shakti Vikasaka | 5) Pindhi Shakti |

Vikasaka 6) Pada-mula Shakti Vikasaka 7) Padungali –Shakti-
 Vikasaka) Gukpha- 8) Pada-Prishtha-Patha-Talashakti-vikasaka

System of Examination:

Any one as told by examiner's choice Marks-05
 Any one of candidate's choice Marks-05

B) Therapeutic Yogic Practices 20 Mark

Yogic Practices with mechanical aids as – Ropes, Belts, Cushions Blankets, Chairs, Brisk

Name of Asanas :

- | | |
|-----------------------------|-----------------------------|
| 1. Suptaveerasana on Bench | 2. Suptaveerasana on Ground |
| 3. Upavistakonasana | 4. Suptabandhadkonasa |
| 5. Merudandasana | 6. Vipareeta Dandasana-1 |
| 7. Vipareeta Danadasana-2 | 8. Vipareeta Danasana-3 |
| 9. Kapotasana-1 | 10. Kapotasana-2 |
| 11. Tadasana | 12. Trikonasana |
| 13. Urdhwadhanurasana | 14. Parswakonasana |
| 15. Setubandha Sarvangasana | 16. Veerbhadrasana-1 |
| 17. Veerbhadrasana-2 | 18. Veerbhadrasana-3 |
| 19. Shavasana | |

System of Examination:

Any two as told by examiner's choice Marks-10
 Any two of candidate's choice Marks-10

Traditional method of Yogasanas, Pranayamas, Shatkarmas with necessary modifications.

C) Yogasanas 10 Mark

Trikonanasana, Ardhamstyendrasana, Ushtrasana, Paschimottanasana, Shalabhasana, Bhujangasana, Dhanurasana, Sarvangasana, Halasana, Chakrasana, Bakasana, Vatayanasana, Mayurasana (Boys)

System of Examination:

Any one as told by examiner's choice Marks-05
 Any one of candidate's choice Marks-05

D) Shatkarma 10 Mark

Dhauti- Gajkarni, Vastra, Danda **Nauli-** Madhya-Vam-Dakshina, Naulichalana, Agnisara Kriya, Kapalbhathi, Shankhaprakshalana

System of Examination:

Any one as told by examiner's choice Marks-05
 Any one of candidate's choice Marks-05

Viva Voce Marks -20

College Assessments Marks -30

College Assessment:- Sessional marks will be based on students performance in practical throughout the semester, Attendance, completion of the record books and regularity.

- | | |
|-----------------------------------|----------|
| 1) Attendance & Regularity | Marks-10 |
| 2) Practical Performance & Record | Marks-20 |

Course Code: 16BVHC307

Course : - Practical of Kashay Kalpana

Marks-100

System of Examination:

- A) 1) Preparation of Tulasi Patra Swarasa : Ingredients, Procedure, Dose, Uses .
 2) Preparation of Nimba Kalka: Ingredients, Procedure, Dose, Uses .
 3) Preparation of Hingwashtak Churna : Ingredients, Procedure, Dose, Uses

- | | |
|---|----------|
| 1) Any two as told by examiner's choice | Marks-15 |
| 2) Any two of candidate's choice | Marks-10 |

System of Examination:

- B)** 1) Preparation of Mahasudarshan Kwath : Ingredients, Procedure, Dose, Uses .
 2) Preparation of Dhanyak Him : Ingredients, Procedure, Dose, Uses .
 3) Preparation of Jatamansi Fanta : Ingredients, Procedure, Dose, Uses .

- | | |
|---|----------|
| 1) Any two as told by examiner's choice | Marks-15 |
| 2) Any two of candidate's choice | Marks-10 |

Viva Voce **Marks -20**

College Assessments **Marks -30**

College Assessment:- Sessional marks will be based on students performance in practical throughout the semester, Attendance, completion of the record books and regularity.

- | | |
|-----------------------------------|----------|
| 1) Attendance & Regularity | Marks-10 |
| 2) Practical Performance & Record | Marks-20 |

Course Code: 16BVHC308

Course : - Practical of Panchakarma

Marks-100

System of Examination:

A) Leach- Types and their practical Application

Marks-20

- | | |
|---|----------|
| 1) Any two as told by examiner's choice | Marks-10 |
| 2) Any one of candidate's choice | Marks-10 |

System of Examination:

B) Virechan- Drugs uses and doses

Marks-10

- | | |
|---|---------|
| 1) Any two as told by examiner's choice | Marks-5 |
| 2) Any one of candidate's choice | Marks-5 |

C) Nasya- Types and their practical application

Marks-20

- | | |
|---|----------|
| 1) Any two as told by examiner's choice | Marks-10 |
| 2) Any two of candidate's choice | Marks-10 |

Viva Voce **Marks -20**

College Assessments **Marks -30**

College Assessment:- Sessional marks will be based on students performance in practical throughout the semester, Attendance, completion of the record books and regularity.

- | | |
|-----------------------------------|----------|
| 1) Attendance & Regularity | Marks-10 |
| 2) Practical Performance & Record | Marks-20 |

Shree H.V.P. Mandal's
Degree College of Physical Education
(Autonomous College), Amravati.



Syllabus for
B. Voc. (Health Care)
First-Year (Semester-VI)
(Credit Based)

B. Voc (Health Care)
Semester-VI

Subject Code: 15BVHC309

Subject Name: Internship/Project

Max. Marks: 300

Introduction: Students of B. Voc. (HC) Will Undergo and internship based on following subject areas of for entire duration of sixth semester. The student will submit the report in prescribed formats.

Subject Areas:-

- 1) **Yoga:** - Student will assist in training cum treatment yoga centres for not less than four weeks.
- 2) **Panchakarma:** - Student will assist training cum treatment of Panchakarma centres for not less than four weeks.
- 3) **Health Club Management:** - Student will assist in any reputed Health Club Management on for not less than four weeks.
- 4) **Massage & Acupressure:** - Student will assist in naturopathy or Health centres / Health Spa for not less than four weeks.
- 5) **Naturopathy:** - Student will assist in naturopathy or Health centres/Health Spa practicing naturopathy treatment based on mud /chromo/magnet therapy for not less than four weeks.

The student will register themselves at healthcare industry/hospital/Rehabilitation Centre/Aurvedic Aushadhi Shala etc. and will obtain approval from the department to work as Intern there. He/she will have to submit prescribed registration form duly signed by himself or herself to the authority of the firm providing Internship. He/she will also have to submit progress report every fifteen days duly signed by assigned guide/mentor or the authority of the centre providing Internship.

Work done Report:

Sr. No.	Name of Patient	M/F	Address & Mob. No.	Complaints	Patient Days	Complaints overcome

Brief Summary (Not More than 500 words with letter from respective centres)

- Students/should submit brief report regarding patients/subjects treated or trained during internship period.
- Students should mention only noticeable change in patients/subject due to treatment given.

Distribution of Marks

Project Work, Regularity and: 150

Project Report/College Assessment: 50

Project Demonstration and Viva-Voce: 100

Total 300