

# YOGA AND PHYSICAL CULTURE

## - A FELLOWSHIP PROGRAM



**NATIONAL INSTITUTE OF NATUROPATHY**

( Ministry of AYUSH, Govt. of India )

'Bapu Bhavan' Matoshree Ramabai Ambedkar Road, Pune 411 001

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# AIMS AND OBJECTIVES OF FELLOWSHIP PROGRAM

## BACKGROUND:

The fellowship program in Yoga and physical culture will be a comprehensive Yoga Therapy training course for the medical professional to expose them in the field of Yoga Therapy scientifically. This program enables them to understand the concepts of exercises & yoga tools in its application for prevention, promotion & management of various health conditions.

## OBJECTIVES:

At the end of the fellowship programme the student shall be able to:

- Understand the concepts of yoga & physical culture in Health and disease.
- Identify the indications and contra-indications of yoga & physical culture in various health conditions

## COMPONENTS OF FELLOWSHIP PROGRAM:

The course will be delivered in Three modules (Contact Classes)

### MODULE : 1

## ROLE OF YOGA AND PHYSICAL CULTURE IN HEALTH AND DISEASE

### A. Applied Anatomy and Physiology of Yoga and Physical culture

- Principles of Ex's training
- Ex's physiology and Yoga physiology:
  1. Biogases production, bio chemical changes, cellular power house regulation, oxygen debt etc.
  2. Physiological effects of different yoga practices
- The laws of Thermodynamics

### B. Exercise as an indicator for evaluation of health

- Measurement of Health Indicators through ex's- muscle tone, energy efficiency, flexibility.
- Signs of good health
- Vitality assessment

### C. Principles of Injury and its management.

### D. Shat kriyas - Body cleansing and Detox through yoga

### MODULE : 2

## DIFFERENT TOOLS FOR HEALTH ASESSMENT

### A. Tools for different age group

- women health – Body composition and physical function in Women's Health.
- Geriatric Health - Functional ability, physical health, cognition and mental health.

- Pediatric Health - Mental Status, Sensory Functioning, Communication, Motor Functioning, Feeding, Respiratory Status.

## **B. Assessments**

- Respiratory assessment: Peak flow meter, Spirometry, Body Plethysmography, Lung Diffusion Capacity test.
- Cardiac assessment: cardiac stress test, Ankle Brachial Index, MacNew questionnaire.

## **C. Fundamentals of Bio-mechanics and Human kinesiology**

- Principles for Application of Biomechanics.
- Kinematics and kinetics of posture and gait.

**D. Re-habilitatation:** Cardiac, Pulmonary, Neurological & Orthopaedic.

## **MODULE : 3**

### **INDICATORS OF MENTAL HEALTH AND WELL BEING**

- **Mental status Examination :** Level of consciousness, Appearance and general behavior, Speech and motor activity, Affect and mood, Thought and perception, Attitude and insight, Examiner's reaction to the patient, Cognitive abilities.
- **Prevention & management of mental health disorders & mechanism of action.**

### **ELIGIBILITY FOR ADMISSION:**

- A degree in any medical stream. (Preference will be given to Naturopathy graduates).
- Medical registration in any state council/Board.

### **DURATION: 6 MONTHS**

**Contact classes: 18 days of classroom training at NIN across 6 months.**

- Students have to attend 6 days contact classes every 2 months at NIN.
- Medium of instruction will be in English/Hindi.
- Number of seats: 20 per batch
- Admissions are open for 1<sup>st</sup> batch

### **FEE STRUCTURE: Rs. 50,000/-**

(Payment should be made immediately once the results are announced to confirm your admission).

**Fees once remitted will not be refunded.**

### **CERTIFICATION:**

An evaluation will be conducted at the end of 6th month and successful candidates will be issued certificate of Fellowship in Yoga & Physical Culture.

## GENERAL INSTRUCTION TO THE CANDIDATES:

- Candidates once selected for the fellowship program are requested to attend all contact classes which will be held at National Institute of Naturopathy, Pune.
- National Institute of Naturopathy will not take the responsibility of providing hostel / accommodation for the selected candidates.
- Attendance is compulsory for all the contact classes. Self study hours are mandatory for gaining optimal knowledge in the topic.

### HOW TO APPLY:

Scanned copy of the Application in the prescribed format along with

Application fee of Rs. 500/- (Rupees One Thousand only) to be paid through NEFT in favor of National Institute of Naturopathy, A.C NO: 09080100001166, payable at Bank of Baroda, .N.WADIA COLLEGE Branch, Pune.  
IFSC CODE: BARBOWADPOO (5th digit is Zero)

together with testimonials may be sent to [fellowships@punenin.org](mailto:fellowships@punenin.org) along with the certificates mentioned below

### SELECTION PROCESS:

Once certificates are verified, a telephonic interview will be conducted based on which Candidates will be selected, upon which payment need to be made for confirmation. The candidate would be then asked to submit an acceptance letter and the photo copies of other certificates as mentioned below.

- i. Provisional or Degree certificate (self attested).
- ii. Medical registration Certificate (self attested).
- iii. Caste certificate (self attested).
- iv. Address proof and photo Identity card from the state or central government (self attested).
- v. Two passport size photos

**NOTE:** The above mentioned details corresponding to the schedules are subjected to change and will be informed to the selected candidates.



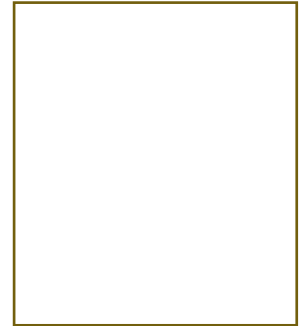
**NATIONAL INSTITUTE OF NATUROPATHY**  
Ministry of AYUSH, Govt. of India

**FORM FOR THE APPLICATION OF  
FELLOWSHIP IN YOGA & PHYSICAL CULTURE**

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_



Phone No: \_\_\_\_\_ Email ID: \_\_\_\_\_

Nationality: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Qualification: \_\_\_\_\_

Passed Out University: \_\_\_\_\_

Council Registration No.(State/Central) \_\_\_\_\_

Occupation: \_\_\_\_\_

Bank transaction details: \_\_\_\_\_

**Declaration by the student:**

I \_\_\_\_\_ the undersigned, hereby declare that all the details given by me in this application are true to my knowledge. If I am given admission to the program, I shall abide all the rules and regulations of the institution. If I am found violating any rules and discipline of the institution, I take the responsibility to be subjected to institutional disciplinary proceedings.

Date:

Signature