

**KPSC EXAM SYLLABUS FOR THE POST OF  
Professor & Asst.Professor (YOGA)**

**Syllabus:**

The written examination will be conducted in two papers - Paper-I and Paper-II

**Paper -I Syllabus:**

**PART-A**

**General Ability:**

- i. Indian Society, Heritage & Culture, Polity, Economy, Human Development  
Indices and the Development Programmes;
- ii. Natural Resources, their distribution, exploitation, conservation and related issues;
- iii. Basic concepts of Ecology and Environment and their impact on health and economy;
- iv. Impact of changing demographic trends on health, environment and society;
- v. Indian Agriculture, Industry, Trade, Transportation and Service Sectors;
- vi. Natural and man made disasters and their management;
- vii. Food adulteration, Food processing, food distribution, food storage and their relevance to public health;
- viii. Recent trends in Science and Technology

**Modern methods of diagnostic procedures :**

Includes Physical Examination of Patient, Physiological & Bio-chemical examinations, X-ray & other Lab Investigations like Urine analysis, Stool examinations, Blood tests (Histology), ECG etc.,

1. Toxins & anti-toxins, Vaccinations & Inoculation, family planning by natural methods
2. Public Health, Preventive & Social medicine, Community Health, Medical statistics, Geriatric Care & Pediatric Care, First Aid & Clinical Emergencies

**Paper -II Syllabus:**

**PART-B**

**Y O G A**

**Along with the syllabus content for lecturer post also include the following subject:**

1. Applied Basic Medical Sciences & Concepts of Health & Diseases in Yoga.
  - a) Philosophy & practice of Yoga: Principles of yoga from traditional yoga texts- concepts of health and disease as described in Vedas, Upanishads, Bhagavad-Gita, Yoga Vasista, Patanjali yoga sutras and Hatha yoga texts, history & evolution of yoga as a therapy in mind-body medicine, Traditional yoga techniques from reputed yoga schools of ancient texts, Philosophical & scientific basis of yoga for self empowerment, states of consciousness as in Upanishads & its relevance to health promotion, disease prevention, healing & quality of life, relevance of yoga with naturopathy in prevention & management of stress/life style related diseases, relationship between yoga, health & spirituality; insights from yoga for women's & child health; use of yoga as an effective therapy for different socio-economic populations.

- b) Applied basic Medical Sciences Relevant to yoga: Applied anatomy, applied physiology and biochemistry related to advancement in understanding the physiological effects of different yoga techniques; applied basic medical sciences in establishing the physiological basis for symptomatology and indicators of health & disease used in yoga for example breathing patterns related to different mental states and association of distinct breathing patterns and changes with physical and mental disorders.

Microbiology and pathology related to advancement in understanding of pathophysiology and pathogenesis relevant to the concepts of health and disease in yoga. Clinical pharmacology \*- Introduction to principles of drug therapy; Adverse reactions to drugs; physiology and pharmacology of the autonomic nervous system; Nitric oxide and its' biologic and medical implications.

- c) Physiological Basis And clinical Relevance Of Yoga

Physiological effects of techniques used in yoga viz.

- Yoga based cleansing techniques [kriyas ]
- Yoga postures [asanas],
- Breathing exercises
- Yoga based voluntarily regulated breathing (Pranayamas)
- Guided relaxation(Yoga Nidhra)
- Meditation (Dhyana)
- Derived techniques of various traditional & reputed schools

- d) Clinical relevance Of therapies used in naturopathy:

Clinical applications and underlying mechanisms for the individual and combinations of yoga techniques used in yoga the disease specific yoga modules are evolved based on(i) traditional descriptions of therapeutic benefits of yoga techniques, (ii) available physiological effects of yoga techniques' and (iii) clinical observations.

2. Diagnosis & treatment using conventional Medicine & Indicators of disease process in yoga for the following Disorders.

- Disorders of the cardiovascular system-Alterations in circulatory and respiratory functions, Diagnosis and approach to the patient with heart disease-physical examination of the cardiovascular system. Knowledge about conventional treatments, Disorders of the heart, vascular disease, Cardiac rehabilitation.
- Disorders of the respiratory system - Diagnosis and approach to the patient with respiratory disease, Knowledge about conventional treatments, Disease of the respiratory system and rehabilitation.
- Disorders of the kidney and urinary tract - Alterations in Urinary Functions and Electrolytes, Alteration in the Uro-genital Tract, Approach to the patient with diseases of the kidneys and urinary tract, Knowledge about conventional treatment, Disturbances of renal function.
- Disorders of the gastrointestinal system- Alterations in GIT functions, approach to the patient with GIT disease, disorders of liver, pancreas, esophagus.
- Disorders of the immune system, connective tissue and joints – Hematological alterations, pain Patho physiology and management, approach to the patient with the disorders of immune system, connective tissue and joints, Approach to the patient with disorders of immune system, connective tissue and joints
- Endocrinology and metabolism – Alterations in body temperature, approach to the patient with endocrine and metabolic disorders, Neuroendocrine regulation and its diseases, disorders intermediary metabolism, disorders of bone and mineral metabolism.
- Neurological disorders –
- Dermatological disorders
- Psychiatric disorders
- Oncology
- Obstetrics and Gynecology
- Disorders of the eyes, ears, nose and throat
- Nutraceuticals and natural herbs in health and disease

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- Environmental and occupational health hazards related to food products, cosmetics, drugs, indoor & outdoor living, work environment & ergonomics.
- Nutrition and yoga based diet in health and disease- Critical evaluation of dietary requirements; vegetarianism and its impact on health and disease; rational use of diet based on concept of gunas as described in Bhagavad- Gita ; clinical implications of yoga based dietary- recommendations.
- Research methodology & recent advances in yoga-Stress & its impact, life style related diseases. Mind body medicine-to elicit relaxation response as an antidote to stress response and understanding their limitations. rational use of & psychosocial behavior, inherent healing capacities like positive thinking etc., improvement in quality of life, advances in medical & psychiatric rehabilitation. Life style and psychological behavior- health education and yoga in prevention in high risk groups, effective management of chronic lifestyle related diseases and minimization of subsequent medical complications.

Inherent healing capacities and yoga therapies-physiological basis of inherent healing capacities of human body and mind; concept of spontaneous regression; role of positive thinking health behavior and yoga therapies in spontaneous regression; and clinical implications of yoga therapies in eliciting inherent healing capacities

Religious faith, spirituality and medicine-role of faith in health and disease; spirituality, spiritual practices in health and disease; health behavior, positive thinking and coping behavior related to faith and spirituality.

“ contemplative Neuroscience”: States of consciousness and health; psycho neurobiology of states of consciousness; Altered states of consciousness; higher states of consciousness induced by meditation; states of consciousness and health. Yoga and holistic medicine- integrating the physical, psychological, mental, social and spiritual needs of an individual in promotion of position health, prevention of diseases and disabilities,



management of diseases and overall improvement in ' quality of life'. Traditional significance modern relevant and clinical implications of derived yoga techniques by Indian gurus and institutions viz. i) Maharishi Mahesh yoga- transcendental meditation,ii) Goenka- vipasana meditation, iii) prajapitha brahmakumaris vishwavidhyalaya-Rajayoga meditation iv) Bihar School of yoga -yoga nethra,v) Swamy Vivekananda yoga research foundation- cyclic meditation, vi) the art of Living foundation - sudarshan kriya yoga, vii) Sahaja yoga, viii) Kundalini yoga

Traditional significance, modern relevant and clinical implications of derived yoga techniques by yoga gurus and institution from other cultures'viz. i) Tibetan yoga- G-Tum-Mo meditation, ii) Chinese mind modifying techniques-Qi-Gong and Tai-chi, iii) Japanese Zen meditation, iv) Christian Contemplative meditation, v) Herbert Benson's Relaxation response and vi) Kabat- Zinn's meditation.

Western psychology and Indian psychology: fundamental principles, techniques and their implications on consciousness studies and mental health

Comparative studies between yoga and other Mind-body medicine techniques [Art therapy Dance therapy, psychotherapy, Hypnotherapy, Guided imaginary and Biofeedback]

- CME, Teaching & learning Skills
- Medical Ethics-definition, perspective & ethics of the individual, The family and society in medical ethics, profession ethics, research ethics

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3. Toxins & anti-toxins, Vaccinations & Inoculation, family planning by natural methods
4. Public Health, Preventive & Social medicine, Community Health, Medical statistics, Geriatric Care & Pediatric Care, First Aid & Clinical Emergencies

**Paper -II Syllabus:**

**PART-B**

**NATUROPATHY**

**Along with the syllabus content for lecturer post include the following subject:**

Physiological effects of therapies used in naturopathy Viz.

- Fasting, Nutrition and dietetics
  - Hydro therapy & Clay therapy
  - Manipulative therapies(massage, Chiropractic, Osteopathy& physical therapy)
  - Acupuncture & acupressure,
  - Color-therapy & magneto therapy
  - Energy medicine & Health/clinical psychology and counseling.
- A) Clinical relevance of therapies used in naturopathy:
- Clinical applications and underlying mechanisms for the individual and combinations of treatments used in naturopathy.
  - The disease specific naturopathic treatment strategies based on
    - a)historical use of natural therapies
    - b)available physiological effects of individual therapies
    - c)clinical observations.
- C) Diagnosis & treatment using conventional Medicine & Naturopathy for the following Disorders.

- Disorders of the cardiovascular system-Alterations in circulatory and respiratory functions, Diagnosis and approach to the patient with heart disease-physical examination of the cardiovascular system. Knowledge about conventional treatments, Disorders of the heart, vascular disease, Cardiac rehabilitation.
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- Environmental and occupational health hazards related to food products, cosmetics, drugs, indoor & outdoor living, work environment & ergonomics.
- Research methodology & recent advances in naturopathy-Stress & its impact, life style & psychosocial behavior, inherent healing capacities like positive thinking etc., improvement in quality of life, advances in medical & psychiatric rehabilitation, integrative medicine.
- CME, Teaching & learning Skills
- Medical Ethics-definition, perspective & ethics of the individual.

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