PGDY S1 03
Exam Code : HAPD

Human Anatomy, Physiology and Diet

First Semester

DIPLOMA IN YOGA

KRISHNA KANTA HANDIQUI STATE OPEN UNIVERSITY

Subject Experts

Prof. Mukta Biswas, Professor (Sanskrit), Gauhati University

Dr. Anil Sarma, Govt. Ayurvedic College and Hospital, Guwahati

Yogasarjya Subhasis, Director, Purbanchal Yoga Mahavidyalaya, Guwahati

Course Coordinator : Dr. Indrani Deka, KKHSOU

SLM Preparation Team

Units	Contributor
1, 2, 3, 4	**Dr. Dimpal Das**
5, 6	**Himadri Sarma,** North Eastern Institute of Ayurveda and Homeopethic College, Shillong

Editorial Team

Content	:	**Prof. Balinarayan Phukan,** HOD, Dept of Yogic Science and Naturopathy, MSSV, Guwahati
Format	:	**Dr. Indrani Deka,** KKHSOU

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Headquarters : Patgaon, Rani Gate, Guwahati - 781017
City Office : Khanapara Resham Nagar, Guwahati - 781022
Web : www.kkhsou.in

COURSE INTRODUCTION

Human Anatomy, physiology and diet - this is the third course of diploma in yoga. This course is in the first semester. In this course we have discussed about various important parts of human body and about diet. For a good yoga expert, it is very necessary to know about the human body properly. In this course there are six units -

Unit 1 - Skeletal Muscle and Sensory Organ.

Unit 2 - The Respiratory System, Digestive System, Circulatory System and the Exeretory System.

Unit 3 - The Nervous System and the Brain.

Unit 4 - Endocrine glands and the reproductive system.

Unit 5 - Food, Nutrition and Biochemistry

Unit 6 - Dietetic Rules in Ayurveda and Yoga.

While going through a unit, you will notice some along-side boxes, which have been included to help you know some of the difficult, unseen terms. Again, we have included some relevant concepts in 'LET US KNOW' along with the text. And, at the end of each section, you will get 'CHECK YOUR PROGRESS' questions. These have been designed to self-check your progress of study. It will be better if you solve the problems put in these boxes immediately after you go through the sections of the units and then match your answers with 'ANSWERS TO CHECK YOUR PROGRESS' given at the end of each unit.

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UNIT 1 :	**Skeletal Muscle and Sensory Organ** Skeletal Muscle System of Human Being, Special Sensory Organ.	**5 - 13**
UNIT 2 :	**The Respiratory System, Digestive System, Circulatory System and the Exeretory System** Respiratory System, Digestive System, Circulatory System, Excretory System.	**14 - 33**
UNIT 3 :	**The Nervous System and the Brain** The Nervous System, The Brain.	**34 - 41**
UNIT 4 :	**Endocrine glands and the reproductive system** Endocrine Gland System, Thyroid Gland, Adrenal Gland, Pancrease Gland, Sex Gland, Minute Endocrine Glands, Reproductive System, Male Reproductive System, Female Reproductive System.	**42 - 61**
UNIT 5 :	**Food, Nutrition and Biochemistry** Food : Classification of Food, Balanced Food, Food according to age; Nutrition : Discussion on Nutrients; Bio-Chemistry.	**62 - 77**
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