

**SYLLABUS  
FOR  
POST GRADUATE COURSE**

**YOGA & NATUROPATHY**

**(With effect from 2021-2022)**

Under Choice Based Credit System  
with  
Semester Pattern



**DEPARTMENT OF YOGA & NATUROPATHY**

Maharaja Sriram Chandra BhanjaDeo University

Sriram Chandra Vihar

Takatpur, Baripada-757003

# **M.A./M.Sc. (YOGA & NATUROPATHY) EXAMINATION**

(Choice Based Credit System  
Semester Pattern)

1. The course is of two years duration comprising of four semesters of theory and practical sessions.
2. There is one open elective paper in semester-II (OE-YN-412). This is exclusively open for the students of other departments.
3. Each student has to carry out a project work (Field Tour) and research work from Semester-IV and submit a dissertation before the end of Semester-IV theory examination.
4. The examination system for each theory paper consists of one IAE of 20 marks and one semester exam of 80 marks. The IAE shall be one hour duration and shall cover at least two units. The semester examination shall be 3 hour duration and the question paper shall be of unit pattern with two alternatives from each unit having equal weight. However, in practical paper semester examination shall be 100 marks and of 3 hours duration.
5. A candidate must secure at least 40% marks in practical and 30% marks in individual theory paper to pass the semester examination.
6. The First Class First student shall receive the University Gold Medal in the concerned regular P.G. Course provided that he/she has cleared all the papers of the semester examinations in a single attempt.
7. If the candidate passes all the four semester examinations he/she will be declared to have passed the M.Sc. examination in Yoga & Naturopathy. Further, under no circumstance a candidate shall be allowed to appear any Semester Examination after completion of the twice the duration of the course.
8. The student has to secure at least 75% of attendance to be eligible to appear at the University examination.

## **Programme Outcome:**

- The students will acquire advanced conceptual knowledge and comprehensive understanding of the fundamental principles in Life Sciences, Naturopathy and Yoga.
- They will be prepared to take up challenges as globally competitive yoga & naturopathy professionals/researchers in diverse areas of philosophical as well as therapeutic areas.
- They will be equipped with enough technical and analytical skilled to pursue their further studies and develop continuous learning through their professional career.
- They will be trained to appear national level tests like UGC- NET, QCI certification exams for yoga professionals, etc., successfully.
- They will acquire the sense of academic and social ethics.

## **Programme Specific outcome:**

- The student will understand the core courses forming the basis of yoga and naturopathy namely, Patanjali Yoga Sutras, Hatha yoga, Branches of Yoga, Samskritam, Anatomy, Physiology, Hydrotherapy, Diet & Nutrition, Research Methodology.

- They will learn basics of computer to equip them to use computers as a tool for scientific research and analysis.
- They will understand the basic concepts of certain allied fields through learning subjects such as Ayurveda, and Psychology, etc.
- They will motivate towards research in yoga and naturopathy through the dissertation work in both theory and experimental stream.
- They will develop creative thinking and problem-solving capabilities encouraged through mentor system.
- They will be capable of taking up higher studies of interdisciplinary nature.

**P.G. DEPARTMENT OF YOGA & NATUROPATHY**  
**M.A. &M.Sc. SYLLABUS**

**SEMESTER - I**

Code	Title	Credit	Marks		Total
			Internal	Semester	
YN-401	Patanjali Yoga Sutra	04	20	80	100
YN-403	Basics of Naturopathy	04	20	80	100
YN-405	Sanskrit Language & Grammar	04	20	80	100
YN-407	Human Anatomy	04	20	80	100
YN-409	Practical– Asana, Pranayama, Bandha, Mudra& Recitation	04	-	100	100
YN-411	Practical- Medittation, Relaxation & Viva- voce	04	-	100	100
<b>Total</b>		<b>24</b>	<b>80</b>	<b>520</b>	<b>600</b>

**SEMESTER - II**

Code	Title	Credit	Marks		Total
			Internal	Semester	
YN-402	Patanjali Yoga Sutra and Hatha Yoga	04	20	80	100
YN-404	Branches of Yoga	04	20	80	100
YN-406	Research Methodology and Elementary Statistics	04	20	80	100
YN-408	Human Phsysiology	04	20	80	100
YN-410	Practical– Fundamental of Computers (D.O.S)	04		100	100
YN-412 (OE)	Fundamentals of Yoga & Naturopathy (Open Elective)	04	20	80	100
YN-414	Practical – Asana, Pranayama, Steam Bath, Sauna Bath, Spinal Bath & Tap Bath	04	-	-	100
<b>Total</b>		<b>28</b>	<b>100</b>	<b>600</b>	<b>700</b>

**SEMESTER - III**

Code	Title	Credit	Marks		Total
			Internal	Semester	
YN-501	Yoga &SrimadBhagawadGita	04	20	80	100
YN-503	Yoga & Psychology	04	20	80	100
YN-505	Yoga Darshan and Indian Culture	04	20	80	100
YN-507	Yoga Therapy & Naturopathy	04	20	80	100
YN-509	Health & Naturopathy	04	20	80	100
YN-511	Practical- Asana, Pranayama, Kriyas& Meditation	04	-	100	100
YN-513	Practical's- Naturopathy visits & Environmental Course	04	-	100	100
<b>Total</b>		<b>28</b>	<b>100</b>	<b>600</b>	<b>700</b>

**SEMESTER - IV**

Code	Title	Credit	Marks		Total
			Internal	Semester	
YN-502	Nutrition, Dietetics & Cooling Diet therapy	04	20	80	100
YN-504	Benefit of Yogic Practices	04	20	80	100
YN-506	Yoga & Ayurveda	04	20	80	100
YN-508	Practical– Teaching ability of Asana, Pranayama, Mudra, Bandha, Yoga Nidra & Meditation	04	-	100	100
YN-510	Dissertation, Presentation and viva	04	-	100	100
YN-512	Project work, Presentation and viva	04	-	100	100
	<b>Total</b>	<b>24</b>	<b>60</b>	<b>540</b>	<b>600</b>
	<b>GRAND TOTAL</b>	<b>104</b>	<b>340</b>	<b>2260</b>	<b>2600</b>

**Open Elective:** The students can opt for any one of the subjects out of Sanskrit, Odia, Hindi, MSW, MLIS, etc.

**MAHARAJA SRIRAM CHANDRA BHANJA DEO, UNIVERSITY ,BARIPADA**  
**MASTER DEGREE IN YOGA SAND NATUROPATHY**

Paper -I	Patanjali Yoga Sutra and Hatha Yoga
Paper-II	Basic of Naturopathy
Paper- III	Sanskrit Language & Grammar
Paper-IV	Human Anatomy
Paper-V	Practical's – Asana, Pranayama, Bandha& Recitation of Mantras, Kriya& Viva- Voce.
Paper-VI	Practical's- Meditation, Relaxation & Viva- Voce

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Paper-VII	Patanjali Yoga Sutra and Hatha Yoga Pradipica
Paper-VIII	Branches of Yoga Tap
Paper-IX	Research Methodology and Elementary Statistic
Paper-X	Human Physiology
Paper-XI	Practical's- Fundamental Computer (D.O.S.)
Paper-XII	Fundamental of Yoga & Naturopathy.
Paper-XIII	Practical's- Asana, Pranayama, Stem Bath, Sauna Bath, Spinal Bath & Tap Bath

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Paper-XIV	Yoga And Srimad Bhagbat Gita
Paper-XV	Yoga & Psychology
Paper-XVI	Yoga Darshan and Indian Culture
Paper-XVII	Yoga therapy & Naturopathy
Paper-XVIII	Health and Naturopathy
Paper-XIX	Practical's- Asana, Pranayama, Kriya, Meditation
Paper-XX	Practical's- Naturopathic visits & Environmental Course

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Paper-XXI	Nutrition Dietetics & Cooling Diet Therapy
Paper-XXII	Benefit of Yoga Practical's
Paper-XXIII	Yoga & Ayurveda
Paper-XXIV	Practical's – Teaching ability of Asana, Pranayama, Mudra, Bandha, Yoga Nidra & . Meditation
Paper-XXV	Dissertation- (100 marks )
Paper-XXVI	Project Work (100 marks )

## SEMESTER-I

**Phy-401 PATANJALI YOGA SUTRA AND HATHA YOGA**

**100(80+20)MARKS**

### **Course Outcome:**

- Develop critical understanding of Yoga Sutra.
- Have an understanding about the essence of Samadhi and Sadhana Pada.
- Know the concept of Astanga Yoga and Kriya Yoga.
- Develop critical understanding of different Hatha Yoga Texts.
- Understand the concept of Shodhana Kriyas with specific principles.
- Employability as assistant to Ayurvedic Physician, Yoga Instructor, Fitness & Wellness coach in corporate sector and Alternative medicine professional in AYUSH.

### **Contents:**

#### **UNIT- I**

Introduction to Patanjali Yoga Sutras and other Yogic texts.

#### **UNIT-II**

Samadhi Pada

#### **UNIT-III**

Sadhana Pada

#### **UNIT – IV**

Introduction to Hatha Yoga , Meaning and Objective of Hatha Yoga , Steps in Hatha Yoga and Hatha Pradipika.

### **Recommended Books:**

- Patanjali Yogasutras by Sri Sri Ravishankar
- Core of the Yogasutras by B. K. S. Iyengar
- Light on the Yoga sutra of Patanjali by B K S Iyenger
- The Yogasutra of Patanjali by Paramahansa Prajnanananda Saraswati
- Four chapters on Freedom by Paramhansa Swami Satyananda Saraswati
- Patanjali Yogasutras by Swami Vivekananda
- Raja Yoga-by Swami Sivananda Saraswati Divine Life Society Publication.
- Light on Yoga Dipika by B K S Iyenger.
- Hatha Yoga by Swami Sivananda.
- Hatha Yoga Pradipika by Swami Muktibodhananda

## **Phy-403 BASICS OF NATUROPATHY 100 (80+20) MARKS**

### **Course Outcome:**

- Understanding of a brief introduction to Naturopathy.
- Know the general principles of Naturopathy.
- Develop understanding of the health and disease.
- Learn the application of nature therapy for total health.
- Employability as assistant to Ayurvedic Physician, Yoga Instructor, Fitness & Wellness coach in corporate sector and Alternative medicine professional in AYUSH.

### **Contents:**

#### **UNIT- I**

- 1) Meaning of Naturopathy. Definition and Principles of Naturopathy.
- 2) History & Development of Nature Cure.
- 3) Concept of Disease and Health.

#### **UNIT-II**

- 1) General Principles of Hydrotherapy importance and properties of Water
- 2) Introduction to Mud therapy , types of Mud therapy. Action and reaction of Mud therapy.
  - 3) Art of Healthy living
  - 4) Factors attaching the Health. Environment & Preservation of Health. Air, Water, Earth, Sun etc.

#### **UNIT-III**

- 1) Meaning of Fasting , Types of Fasting , Benefit of Fasting .
- 2) Massage Therapy, History of Massage , Types of Massage , Step of Massage.

#### **UNIT – IV**

- 1) Purificatory Acts. Asanas&b Breathing Exercise : Their Diseases, Preventive and Curative.
- 2) Health Promotes Importance . Health Problems of Modern age .



### **Recommended Books:**

- S. D. Dwivedi: Naturopathy for perfect health, Kalpaz Publication Delhi, 2002.
- PraveshHanda: Naturopathy and Yoga, Kalpaz Publication Delhi, 2006.
- S.J.Singh: My Nature Cure or Practical Naturopathy.
- R.K.Garde: Ayurvedic for Health and Long life Harry Benjamin. : Everybody's Guide to Nature Cure.
- M.K.Gandhi: My Nature Cure
- Practice of Nature Cure-Swami SivanandaSaraswati, A Divine Life Society Publication,Rishikesh,Uttarakhand.
- Home Remedies- Swami SivanandaSaraswati,A Divine Life Society Publication,Rishikesh,Uttarakhand.
- Health & Hygiene- Swami SivanandaSaraswati,A Divine Life Society Publication,Rishikesh,Uttarakhand

## **SANSKRIT LANGUAGE & GRAMMAR**

**Internal=20&external=80(20+80=100)**

**(Papercode-YN -405)**

**Marks-100(20+80)**

### **Course Outcome:**

1. Understanding the characteristics of **Sanskrit grammar** through **laghusiddhanta kaumudi**. Understanding the different forms of Sanskrit words. Understanding the basic structure of **Sanskrit language** through Panini **Grammar** with special reference to **Sandhi, Samas, Stripatyaya, Subanta**.
2. Sanskrit being a natural, ancient and unique language, it seems to be the backbone of Indian culture. The department of Sanskrit being aware of it, is trying to motivate the modern generation towards its uniqueness and also towards the scientific use of the same. Since it is a language, it is spoken and can be done practically through "**Sambhashana Varga**". So the motto of the department is "**Vadatu Samskritam, Jayatu Bharatam.**"

### **Unit-I**(Sanskrit Alphabets, their divisions and places of utterance)

(Division of Vamas: Swara Varna, Vyanjana Varna, Vargya Varn, Antahstha Varna, Usma Varna, Ayogavaha Varna. Letters according to places of utterance: Kanthya Talavya, Osthya, Dantya, Murdhanya, Dantyausthya, Anunasika)

### **Unit-II**(Sabda Rupa and Dhatu Rupa)

- (a) Sabda Rupa—(नर, मुनन, साधु, राजन, गुनन, नदी, मती, मातृ, फल, बारी, धनुष)
- (b) LII

### **Unit-III**(Sandhi)

- (a) Swara Sandhi, Vyanjana Sandhi
- (b) Visarga Sandhi

(c) KarakaandVibhakti

**Unit-IV**(Avyayas,Upasargas,Stripratayas)

(a) Avyayas(FrequentlyusedAvyayas)

(b) Upasargas

(c) Stripratyayas(MainStripratyayas)

(d) DiacriticalMarks

(QuestionsshouldbeaskedfromallpartsofallUnits).

**REFERENCEBOOKS:**

1. NaturalM.R.Kale,SanskritGrammar.
2. SaralaSanskritShikshana–SankshepaRamayana
3. AshtadhyayiSahajbodh–Dr.PushpaDikshit,PratibhaPrakashan,NewDelhi
4. PaniniyaShiksha

## **HUMAN ANATOMY**

**Internal=20&external=80(20+80=100)**

**(Papercode-YN-407)**

**Marks-100**

**CourseOutcome:**

Course Outcome After completion of the program, the student must be able to:

- Illustrate histological structures of various tissues and organs and co- relate structure and function in order to understand diseased states.
- Deduce basic structure and connections of the central nervous system, understand the regulation and integration of various organs and systems and be skilled in locating lesion sites according to deficits in diseased states.
- Describe developmental basis of variations and abnormalities with respect to sequential development of organs and systems, teratogens, genetic mutations and environmental hazards.
- Identify body structures including topography of living body;
- Employability as assistant to Ayurvedic Physician and Samskrit teacher, Yoga Instructor, Fitness & Wellness coach in corporate sector and Alternative medicine professional in AYUSH.

**Unit-I**

**1. (Introduction of Human Body)**

- Human beings are arguably the mostcomplex organisms on this planet. Imagine billions of microscopic parts, each with its own identity, working together in an organized manner forthe benefit of the total being. The human body is a single structure but it is made up of billions of smaller structures of four major kinds:

**2. (Musculo-skeletalSystem)**

- The **musculoskeletal system** (locomotor system) is a **human** body system that provides ourbody with movement, stability, shape, and support. It is subdivided into two broad

**systems: Muscular system**, which includes all types of **muscles** in the body. **Skeletal muscles**, in particular, are the ones that act on the body joints to produce movements.

## Unit-II

### 1. (Blood and Immune System)

- The **immune system** is composed of cells, tissues, and organs that work unitedly in protecting our bodies. This **system** defends the **human** body from trespassing pathogens in a variety of ways. The most important cells involved in the **immune system** are white **blood** cells (or) leukocytes, which are involved in destroying disease-causing organisms or substances.

### 2. (Cardiovascular System)

- The cardiovascular system is sometimes called, simply, the **circulatory system**. It consists of the heart, which is a muscular pumping device, and a closed system of vessels called arteries, veins, and capillaries. As the name implies, blood contained in the **circulatory system** is pumped by the heart around a closed circle or circuit of vessels as it.

## Unit-III

### 1. (Respiratory System)

- Human Respiratory System is a network of organs and tissues that helps us breathe. The primary function of this system is to introduce oxygen into the body and expel carbon dioxide from the body.

### 2. (Endocrine System)

The endocrine system is a messenger system comprising feedback loops of the hormones released by internal glands of an organism directly into the circulatory system, regulating distant target organs. In vertebrates, the hypothalamus is the neural control center for all endocrine systems. In humans, the major endocrine glands are the thyroid gland and the adrenal glands. The study of the endocrine system and its disorders is known as endocrinology.

### 2. (Nervous System)

Human nervous system, system **that conducts stimuli from sensory receptors to the brain and spinal cord and conducts impulses back to other parts of the body**. As with other higher vertebrates, the human nervous system has two main parts: the central nervous system (the brain and spinal cord) and the peripheral nervous system (the nerves that carry impulses to and from the central nervous system).

## Unit-IV

### 1. (Digestive System & Excretory System)

The **digestive system** and **excretory system** are two bodily systems with seemingly unrelated functions: that of breaking down food for energy and that of removing waste from the body, respectively. There is, however, a good deal of overlap in the relationship between the **digestive system and excretory system**.

### 2. (Reproductive System)

Human Reproductive System The reproduction in human beings involves the fusion of male and female **gametes produced in their reproductive system**. The male reproductive system is different from the female reproductive system, both in structure and in function.

### **3. (Special Senses and cerebral cortex)**

The special senses have **specialized sensory receptors or nerve endings**. These nerve endings are present in the ears, eyes, nose and mouth. Nerve impulses from these specialized nerve endings travel to specific areas of the brain's cerebral cortex where they are processed to create perception at the conscious level of sight, sound, smell, taste, and balance.

### **REFERENCE BOOKS:**

1. Anatomy and Physiology of Yogic Practices – M.M.Gore (TEXTBOOK)
2. Medicine for Yoga Therapist – Padiki Nagaraj Rao
3. Asana, Pranayama, Mudra and Bandha by Swami Satyananda Saraswati

# **PRACTICAL'S YOGIC EXERCISE** **& RECITATION OF MANTRAS**

*(Practical's=100)*

**(Paper code-YN-409)**

**Marks-100**

## **Course Outcome:**

After the completion of the course, the student shall be able to:

- Explain the various definitions of Yoga, history of Yoga and branches of Yoga;
- Describe kinds of Yogasanas, its importance, methods, rules, regulations and limitations;
- Illustrate the various limbs of Ashtanga Yoga;
- Demonstrate knowledge of pranayamas, prana and lifestyle, breathing and lifespan.
- Demonstrate various types of Yoga asanas in their correct method of performance;
- Demonstrate different pranayamas.
- Explain about the mantras and their recitation and meaning.
- Employability as assistant to Ayurvedic Physician, Yoga Instructor, Fitness & Wellness coach in corporate sector and Alternative medicine professional in AYUSH.

## **Unit-I (Asanas)**

- Asana is traditionally defined as the seated posture, used for meditation, from the Sanskrit meaning "seat." The term is now commonly used to refer to any physical Hatha yoga posture, found in all styles of yoga practice, such as Vinyasa, Ashtanga, Restorative as Bikram.

## **Unit-II (Pranayama)**

- Pranayama is the yogic practice of focusing on breath. Prana means "vital life force", and yama means to gain control. In yoga, breath is associated with the prana, thus, pranayama is a means to elevate the Prana shakti, or life energies. In texts like the Bhagavad Gita and the Yoga Sutras of Patanjali, and later in Hathayoga texts, it meant the complete suspension of breathing.

## **Unit-III (Bandha, Mudra & Kriya)**

- Mudras act to stimulate different parts of the body involved with breathing and to affect the flow of energy in the body and even one's mood. The specific hand gestures and positions act as "locks" to guide energy flows and reflexes to the brain.
- Well, bandhas are extremely fruitful for the brain centres, the nadis (channels through which prana streams) and the chakras (energy centres). They purify, remove blockages and harmonise and balance the self. Bandhas temporarily halt the flowing of blood, so when released there is an increased flow of fresh blood.

## **Unit-IV (Recitation of Mantras)**

- Chants thus create thought-energy waves, and the organism vibrates in tune with the energy and spiritual appeal of a chant. Scientists say that when a mantra is chanted rhythmically, it creates a neuro-linguistic effect. Such an effect occurs even if the meaning of the mantra is not known.

**(Viva-Voce)**

- Viva serves as a platform for student to demonstrate their ability to reflect, synthesize and think critically. Viva can be used as an objective structured clinical examination that examines factual recall, applied knowledge, ability to synthesise information and communication skills.

## REFERENCEBOOKS:

1. Asana,Pranayama, MudraandBandhabySwamiSatyanandaSaraswati
2. LightsonYoga byBK SIyengar
3. LightonPranayamabyBKSIyengar
4. PranaPranayamabySwamiNiranjananandaSaraswati
5. YogaDarshanbySwamiNiranjananandaSaraswati
6. HathaYogaPradipikabySwamiMuktibodhananda
7. ASystematicCourseintheAncientTantricTechniquesofYogaandKriyabySwamiSatyananda

## SEMESTER-II

# PATANJALI YOGA SUTRA & HATHA YOGAPRADIPIKA

Internal=20&external=80(20+80=100)

(Papercode-YN-402)

Marks-100

### Course Outcome:

On completion of this course, the student shall be able to:

- Provide them with comprehensive understanding of Yoga with reference to traditional texts like PatanjaliYogasutras, Hatha YogaPradipika.
- Employability as assistant to Ayurvedic Physician, Yoga Instructor, Fitness & Wellness coach in corporate sector and Alternative medicine professional in AYUSH.

### Unit-I(VibhutiPada)

- Dharana(Concentration)
- Dhyana(Meditation)
- Samadhi(SuperConsciousness)
- Samyama(Concentration,Meditation&Samadhi)
- Parinama(TransformationsofConsciousness)
- NirodhaParinama
- SamadhiParinama
- EkagraParinama
- ApplicationofParinamas
- Psychicpowersareobstacles
- MasteryoverBhutas
- MasteryofSenseOrgans

### Unit-2(KaivalyaPada)

- MeansofattainingPsychic Powers
- TheIndividualandtheCosmicMind
- Karma&itsinfluence
- Manifestation&disappearanceofVasanas
- FactorofExistence
- TheoryofPerceptions
- TheMindasanunconsciousinstrument

- ThePathofKaivalya
- DharmameghaSamadhi
- FreedomfromKleshasandattainmentofKaivalya.

### **Unit-3**( ProperDiet,Place&timeforpracticeofHathaYoga)

### **Unit-4**

- 1.(SadhakTatwa,BadhakTatwa.Meaning&TypesOfPrana.ItsimportanceinHumanbody
- 2.TypesofChakraInHumanBody,MeaningofKundalini,RoleofKundaliniinHumanLife

#### **ReferenceBooks:**

1. HathaYogaPradipikabySwamiMuktibodhananda
2. HathaYogaPradipikabySwamiVisnudevananda
3. LightonYogaDipikabyBKSiyenger
4. Hatha Yoga bySwamiSivananda
- 5.GherandSamhitabySwamiNiranjananandaSaraswati.

## **BRANCHESOFYOGA**

**Internal=20&external=80(20+80=100)**

**(Papercode-YN-404)**

**Marks-100**

#### **CourseOutcome:**

After completion of course students will be able to understand :

- The four paths/streams of yoga with in-depth understanding.
- Students will have an in-depth understanding about their similarities and disimilarities.
- Students will be able to understand the principle and conceptualize each stream.
- Employability as assistant to Ayurvedic Physician, Yoga Instructor, Fitness & Wellness coach in corporate sector and Alternative medicine professional in AYUSH.

### **Unit-1**(JnanaYoga)The Yoga of Knowlegde :

- Introductioonto JnanaYoga
- TypesofSadhana

### **Unit-2**(Karma Yoga)TheYogaOfAction:

- Introductionto KarmaYoga
- Karma&KarmaYogainBhagwatGita
- KarmainYogaSutra &Vedanta

### **Unit-3**

#### **Bhakti Yoga (The YogaofDevotion):**

- IntroductiontoNada Yoga
- Types&Attributes ofVakti
- NavadhaVakti&Categories ofVakta



**Nada Yoga(Unionthroughsound):**

- IntroductiontoNada Yoga
- Awelltuned–instrument
- LevelsofSound
- TenTypes ofNada
- StagesofPractice

**Unit-4Kundalini Yoga(YogaofAwareness)**

- IntroductiontoKundaliniYoga
- PrimaryObjective
- ItsNature
- ItsPowers

**SwaraYoga(Scienceofnasalbreathing)**

IntroductiontoSwaraYoga  
TheThreeSwaras  
RecognizingtheSwara  
TimingoftheSwara  
Swara–TheKeytoHealth

**ReferenceBooks:**

1. JapaYogabySwamiSivanandaSaraswati
2. JapaYogabyN.C.Panda
3. YogaDarshanabySwamiNiranjananandaSaraswati
4. SwaraYogabySwamiSatyanandaSaraswati
6. SwaraYogabySwamiSivanandaSaraswati
7. Nada Yoga bySwamiSivanandaSaraswati
8. DharanaDarshanabySwamiNiranjananandaSaraswati
9. NadaYoga bySwamiSatyanandaSaraswati

**RESEARCH METHODOLOGY AND**  
**ELEMENTRYSTATISTICS**

**Internal=20&external=80(20+80=100)**

**(Papercode-YN-406)**

**Marks-100**

**CourseOutcome:**

After the completion of the course, the student shall be able to;

- Describe research methodology under process, materials and methods, design of a study, literature review, ethics, sampling, measurement tools, data organization, statistics, data analysis, reliability and validity, etc, and implement this knowledge in practically designing, conducting, evaluating and publishing a study.

- Illustrate statistics and probability theory;
- Use technological aids for preparing research reports;
- Demonstrate knowledge about inter-disciplinary research;
- Employability as assistant to Research project, Yoga Instructor, Fitness & Wellness coach in corporate sector and Alternative medicine professional in AYUSH.

### **Unit-1**

- Definition, Nature & Scope of Research and its importance in Yogic Studies.
- Definition of Research Problem, criteria and selection of research Problem.
- Types of Research: Basic, Applied and Action research.
- Types of Research Studies: Analytical, Description
- Experimental, Philosophical, Creative and qualitative.

### **Unit-2**

- Population & Sampling, Methods of Sampling, Tools and Techniques of Data Collection, Hypothesis in Research, Various type of Error in Research.

### **Unit-3**

- Types of Research Method: Historical Survey, Philosophical, Case Studies, Experimental and like, Test Construction and Methods of Writing Research Report.

### **Unit-4**

1. Definition of Statistic and its importance in Research, Measures of Central Tendency and Variations & their application in data analysis .

- Correlation and its application in research studies Normal Probability Curve.

2. Test of Significance, Chi-

Squared distribution and their applications '+ ' Test. Analysis of Variance ('F' Test). One Way, Two Way, Factorial, Repeated Measures and their application. Post. Hoc Test, Analysis of Co-Variance.

### **Reference Books:**

Research Methodology (Methods and Techniques, Third Edition) By C.R Kothari & Gourav Garg

# HUMAN PHYSIOLOGY

Internal=20&external=80(20+80=100)

(Papercode:YN-408)

Marks-100

## CourseOutcome:

After completion of the program, the student must be able to:

- Explain the normal functioning of all the organ systems and their interactions for well co-ordinated body function;
- Correlate the relative contribution of each organ system to the homeostasis;
- Describe the physiological aspects of normal growth and development;
- Illustrate the physiological response and adaptations to environmental stresses;
- Analyze physiological principles underlying pathogenesis and disease management.
- Employability as assistant to Ayurvedic Physician, Yoga Instructor, Fitness & Wellness coach in corporate sector and Alternative medicine professional in AYUSH.
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## Unit-1

- a- GeneralPhysiology
- b- Blood

## Unit-2

- a- DigestiveSystem
- b- RespiratorySystem

## Unit-3

- a- CardiovascularSystem
- b- Endocrinology
- c- Nervous System

## Unit-4

- a- Metabolism
- b- Kidneyand Bodyfluids
- c- MusclePhysiology

## Text Book:

- 1.AnatomyandPhysiologyofYogic Practices-M.M.Gore

## ReferenceBooks:

1. 1. Medicinefor YogaTherapist-PadikiNagarajRao
2. Asana,Pranayama. MudraandBandhabySwamiSatyanandaSaraswati

# **PRACTICAL'S FUNDAMENTAL OF COMPUTER**

*(Practical's=100)*

**(Papercode: YN-410)**

**Marks-100**

## **Course Outcome:**

### **On completion of this course, students will be able to:**

After completion of the course students will have understanding of :

- The application of computer in our day today life.
- Student will be able to represent the data and organize them.
- Students will be able to understand about operating system and importance of file management.
- Employability as assistant to Ayurvedic Physician, Yoga Instructor, Fitness & Wellness coach in corporate sector and Alternative medicine professional in AYUSH.

## **Unit-1 (Knowing Computer)**

- a- Introduction
- b- Objectives
- c- Components of Computer System
- d- MS-Excel
- e- PowerPoint

## **Unit-**

### **2 (Operating Computer Using GUI BASED Operating System)**

- a- Introduction
- b- Basics of Operating System
- c- The User Interface
- d- Operating System Simple Setting

## **Unit-3 (Understanding Word Processing)**

- a- Introduction
- b- Word Processing Basics
- c- Opening and closing Documents
- d- Text Creation and manipulation
- e- Formatting the Text

## **Unit-4 (Communications & Collaboration)**

- a- Introduction
- b- Basics of E-mail
- c- Using E-mails
- d- MS-Word

## **REFERENCE BOOKS:**

1. Computer Fundamental by Pradeep K. Sinha & Priti Sinha
2. Fundamental of Computers by Reema Thareja

# **FUNDAMENTALS OF YOGA & NATUROPATHY**

**Internal = 20 & external = 80 (20+80=100)**

**(Papercode:YN-412)**

**Marks-100**

## **Course Outcome:**

### **After completion of the course, the student shall be able to:**

- Describe the physiological effects of various yogic practices like kriyas, asanas, pranayamas, mudras, bandhas, drishtis, Guided relaxation and Meditation;
- Define rules and regulations of Yoga to be followed;
- Understand the therapeutic aspects of Yoga and Naturopathy as applied to different disease conditions;
- Illustrate the concept of health and disease in yogic lore and Naturopathy, and role of stress in disease causation and management of the same with Yoga and Naturopathy;
- Analyze knowledge of Yoga therapy and Naturopathy in managing various diseases;
- Demonstrate usage of therapeutic aspect of Yoga and Naturopathy in promotive, preventive, curative and rehabilitative therapy.
- Employability as assistant to Naturopathy Physician, Yoga Instructor, Fitness & Wellness coach in corporate sector and Alternative medicine professional in AYUSH.

## **Unit- I: Yoga for Wellness**

- General introduction to human body and nine major systems of human body.  
Introductions to sensory organs (Eyes, Nose, Ears, Tongue and Skin).
- Basic functions of nine major systems of human body and homeostasis.
- Yogic concept of health and wellness.
- Yogic concept of mental hygiene: Maître, Karuna, Mudita & Upeksha).
- Meaning of Naturopathy. Definition and Principles of Naturopathy.
- Concept of Disease and Health.
- General Principles of Hydrotherapy importance and properties of Water
- Introduction to Mud therapy , types of Mud therapy. Action and reaction of Mud therapy.
- Factors attaching the Health. Environment & Preservation of Health. Air, Water,
- Earth, Sun etc.

## **Unit II: Philosophy in Yoga**

- Introduction to Prasthanatrayee, Purushartha Chatushtaya and goal of human life

- Panchakosha Vivek and Ananda Mimamsa.
- Concept of Sthitaprajna in Bhagavad Gita.
- Study of Patanjali Yoga Sutra including selected sutras from following chapters (I-1to12,II-46-51,III-1 to 4).
- Concept of Chitta, Chitta Bhumi,Chitta Vritti, Chitta Vikshepa,
- Chittaprasadanam and their relationship with wellness.
- Bahiranga Yoga of Maharishi Patanjali (Yama, Niyama, Asana, Pranayama, Pratyahara).
- Antaranga Yoga of Maharisi Patanjali (Dharana, Dhyana, Samadhi).
- HathaYoga: Its parampara, knowledge of basic Yoga texts (Hatha Pradipika and Gherand Samhita).
- Relationship between Hatha yoga and RajaYoga.
- Sadhaka and badhakatatva, principle to be followed by Hatha Yoga practitioner.

### **Unit: III Branches of Yoga**

- Yoga: Etymology, definitions (PatanjalaYogaSutra, Bhagwad Gita & Kathopanishad),aim, objectives and misconceptions.
- Yoga: Its origin, history and development.
- Brief Introduction to Yoga Darshana.
- Principles and Practices of Jnana Yoga.
- Principles and Practices of Bhakti Yoga.
- Principles and Practices of Karma Yoga.
- Principles and Practices of Raja Yoga.

### **Unit IV: Introduction to Yogic Practices**

- Concept and principles of SukshmaVyayama, Sthula Vyayama, Surya Namaskara and their significance in Yoga Sadhana.
- Concept and principles of Shatkarma:Meaning, Types, Principles and their significance in Yoga Sadhana.
- Concept and principles of Yogasana: Meaning, definition, types and their significance in Yoga Sadhana.
- Concept and principles of Pranayama: Meaning, definition, types and their significance in Yoga Sadhana

- Introduction to Tri Bandha and their health benefits.
- Dhyana and its significance in health and wellbeing.
- Introduction to Yogic relaxation techniques with special reference to Yoga Nidra.

### **REFERENCEBOOKS:**

1. Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga (4separate books) Advaita Ashrama, Kolkata, 2011 & 2012.
2. Sahay G. S. : Hathayogapradipika MDNIY, New Delhi, 2013
3. Gita Press Gorakhpur, Shreemad Bhagvadgita Gita press Gorakhpur, Samvat 2073
4. Quality Council of India (QCI): Yoga professionals Official Guidebook for Level 2 Excel Books, New Delhi 2016.
5. Gore M. M. Anatomy and Physiology of Yogic Practices, Kanchana Prakashana, Lonavala, 2004
6. Telles, Shirley A Glimse of the Human body Swami Vivekanand Yoga Prakashan, Bangalore, 1998
7. Swami Karmananda Management of Common Diseases, Bihar Yoga Publication Trust, 2006, Munger
8. Bhogal, R. S : Yoga & Mental Health and beyond, ACE Enterprises, Madhu Rajnagar, Pune Road, Pune, 2010

## **SEMESTER-III**

### **YOGA & SRIMADBHAGBATGITA**

**Internal=20&external=80(20+80=100)**

**(Papercode-YN-501)**

**Marks-100**

#### **CourseOutcome:**

At the completion of the course, students will know:

- How to recognize the inner battle of life and make the effort that will win it
- The interplay of Prakriti and Purusha, and how that affects a person's life
- How the law of karma works, including the effects of vasanas and samskaras
- How to use the workings of karma to one's advantage
- How to recognize and avoid a variety of psychological traps
- The nature of right action
- How to overcome desire, anger, and attachment
- A deeper understanding of the paths of Karma, Gyana, Bhakti, and Raja Yoga

- The three gunas: how they manifest in life and in people, and how they relate to improving one's experience of life
- Recognizing caste tendencies in oneself, and what to do to move to the next higher caste
- How to get past attachment to experiencing pleasure and avoiding pain
- What one can do when he bogs down, spiritually
- How to deepen your relationship with God
- How a yoga therapist applies the above knowledge to serving clients best interest
- Employability as a teacher in Gurukul system of education for Vedic studies, Yoga Instructor, Fitness & Wellness coach in corporate sector and Alternative medicine professional in AYUSH.

### **Unit-I:(IntroductiontoBhagawadGita)**

- Bhagavad-gita is also known as Gitopanishad. It is the essence of Vedic knowledge and one of the most important Upanishads in Vedic literature. Of course there are many commentaries in English on the Bhagavad-gita, and one may question the necessity for another one. This present edition can be explained in the following way. Recently an American lady asked me to recommend an English translation of Bhagavad-gita. Of course in America there are so many editions of Bhagavad-gita available in English, but as far as I have seen, not only in America but also in India, none of them can be strictly said to be authoritative because in almost everyone of them the commentator has expressed his own opinions without touching the spirit of Bhagavad-gita as it is

### **Unit-II:(Sankhya Yoga-ChapterII)**

- Sri Krishna taught knowledge or Jnana to Arjuna till now. This is called Sankhya Yoga which is the path of Vedantic philosophy by which the true nature of the Self and the methods of attaining Self-Realisation can be comprehended through logic of reasoning.
- Sankhya or Jnana Yoga is the path of knowledge about the Absolute reality. It teaches discrimination between the Real and unreal and urges the renunciation of the unreal. The knowledge of Reality directly destroys ignorance, which is the cause of birth and death in the relative world and of grief and delusion inevitably associated

### **Unit-III:(ChapterIII&IV)**

- Sankhya or Jnana Yoga is the path of knowledge about the Absolute reality. It teaches discrimination between the Real and unreal and urges the renunciation of the unreal. The knowledge of Reality directly destroys ignorance, which is the cause of birth and death in the relative world and of grief and delusion inevitably associated.

### **Unit-IV:(ChapterV &VI)**

#### **REFERENCE BOOKS:**

1. Bhagwadgita by Sri Sri Ravi Shankar



2. SrimadBhagavadgitabyGitapress,Gorakhpur
3. GitaRahasyabySriBalGangadharaTilak
4. THE BHAGAVADGITAbySwamiSivananda
5. HolyGeeta bySwamiChinmayananda.

## **YOGA&PSYCHOLOGY**

**Internal=20&external=80(20+80=100)**

**(Papercode-YN-503)**

**Marks-100**

### **CourseOutcome:**

After the completion of the course, the student shall be able to:

- Describe the evolution of Psychology from speculation to science;
- Illustrate mechanisms of sense and perception, states of consciousness and their functions;
- Understand basic and complex functions such as learning, memory, thinking, language, motivation, emotion, intelligence, development of psychology across lifespan, personality, stress coping, social psychology, attitudes, etc.
- Explain abnormal psychology and describe etiology and psychopathology along with classification of disorders;
- Demonstrate knowledge of therapies aimed at psychological health, such as psychotherapy, Yoga, etc.
- The **psychological** practices of **yoga** includesensewithdrawal(pratyahara)andconcentrationtechniques (dharna).
- The **psychological** practices are designed to help you understand the role ofthemindincreatingpeaceandsuffering.
- Developinganunderstandingofthemindiscentralto theprocessofhealing.
- Employability as assistant to Psychologist, Ayurvedic Physician, Yoga Instructor, Fitness & Wellness coach in corporate sector and Alternative medicine professional in AYUSH.

### **Unit-I:(Meaning,Definition&ScopeofPsychology)**

- Psychology is chiefly concerned with human behavior. Anything that has a direct bearing onthe behavior of an individual can be included in the scope of psychology. The scope ofpsychologyincludesitsfieldsofstudy.Itdealswiththedevelopmentofperception,cognition,lang uage,skills,personality,and social relationshipsofan individual.

### **(Humanbehaviorin Psychology)**

- **Human Behavior** refers to the full range of physical and emotional behaviors that humansengage in; biologically, socially, intellectually, etc. and are influenced by culture, attitudes,emotions,values,ethics,authority,rapport,persuasion,coercionand/orgenetics.

## **Unit-II:(StressManagement&Yoga)**

Meditation is an important factor in yoga for stress management. **One of the essential things expected during stress management is the ease of mind.** Yoga with meditation balances those alpha waves that are needed to relax your mind. While you do the breathing exercises, your heart rate tends to become normal and blood pressure normalizes.

## **Unit-III:(MentalProcesses,Mentalfaculties,MentalHealth&RoleofYoga)**

The need for effective population mental health promotion approaches is urgent as mental health concerns are escalating globally and current allopathic treatment regimens are insufficient to bring people towards the state of mental well-being (citation). Successfully alleviating stress has the potential to promote well-being and prevent illness.

- Worldwide, yoga is gaining popularity as an accessible, acceptable and cost-effective practice for mind and body. People are turning to yoga for mental health improvement because of preferences for: self-treatment as opposed to clinical intervention; perceived greater efficacy than medication; fewer side effects; lack of response to medication. Yoga has minimal side effects and is cost-effective in comparison with pharmacological treatments and psychotherapy. Yoga's added benefit is that it improves physical fitness and encourages self-reliance. In this brief article we discuss the evidence for yoga as a form of mental health promotion, illness prevention and treatment for depression.

#### **Unit-IV:**

- Emotion & Its Concept, individual adjustment and Management of emotional problems through YOGIC and NON-YOGIC Methods.
- (Concept of Personality (Indian & Western Psychology))

#### **REFERENCE BOOKS:**

1. Yoga Psychology: A Handbook of Yogic Psychotherapy by Kamakhya Kumar.
2. Practical Yoga Psychology by Rishi Vivekananda.
3. Yoga Psychology: A practical guide to Meditation by Swami Ajaya.
4. Yoga and Mental Health & Beyond by Kaivalyadhama.
5. A text book of Yoga and Psychology by Brahmanand Saraswati.

## **YOGA DARSHANA AND INDIAN CULTURE**

**Internal=20 & external=80 (20+80=100)**

**(Paper code-YN-505)**

**Marks-100**

#### **Course Outcome:**

**After the completion of the course, the student shall be able to:**

- Illustrate the basic understanding of Yoga as a philosophy.
- Explain the various schools of philosophy which had an influence on Yogic text like Buddhism, samkhya, mimamsa etc.
- Correlate the concept of Brahman according to Vedanta.
- Describe spiritual values of pranayama and kriyas.
- Employability as a teacher in Gurukul system of education for vedic studies, Ayurvedic Physician, Yoga Instructor, Fitness & Wellness coach in corporate sector and Alternative medicine professional in AYUSH.

#### **Unit-I: Concept of Religion & Culture, idea about Veda and Upanishad**

- The Upanishads relate Vedic Sanskrit texts of Hindu philosophy which form the foundations of Hinduism. They are the most recent part of the Vedas, the oldest scriptures of Hinduism, and deal with meditation, philosophy, and ontological knowledge; other parts of the Vedas deal with mantras, benedictions, rituals, ceremonies, and sacrifices. Among the most important literature in the history of Indian religions and culture, the Upanishads played an

important role in the development of spiritual ideas in ancient India,

## **Unit-II: Introduction to six systems of Indian Philosophy along with elaboration of Samkhya Philosophy.**

- The **Six** systems of the **Indian Philosophy** are Nyaya, Vasishika, **Samkhya**, Yoga, PurvaMimamsa and UttaraMimamsa. Each of these systems differs in one way or the other in terms of its concepts, phenomena, laws and dogmas. Each **system** has its own founder as well. Each **system of Indian philosophy** is called a Darshana.

## **Unit-III: Vedanta Philosophy**

- The Vedanta philosophy, as it is generally called at the present day, really comprises all the various sects that now exist in India. Thus there have been various interpretations, and to my mind they have been progressive, beginning with the dualistic or Dvaita and ending with the non-dualistic or Advaita.

## **Unit-IV:**

- **History of Yoga. The uses. Relevance of Yoga in modern society. Tantra concept of Panchakosa (with special reference to Taittiriya Upanishad)**
- **Principles of Ayurved, Naturopathy & Astrology in Yoga.**
- **Principles of Ayurveda in Yoga** :- Yoga is believed to be a natural way of healing. The basic principle of ayurveda is based on the shloka: **“Yat Pinde Tat Brahmande”** (from the Puranas) which means that the microcosm is equal to the macrocosm. In other words, whatever is within us, in our cells, is equivalent to that which is in the universe.
- **Principles of Naturopathy in Yoga** :- Naturopathy believes in the inherent healing power of nature and uses non-invasive methods of intervention to create a suitable environment to facilitate the healing of the body by itself. Naturopathy is not just a system of medicine but a way of life based mainly on the ancient practice of the application of the

# **YOGATHERAPYANDNATUROPATHY**

**Internal=20&external=80(20+80=100)**

**(Papercode-YN-507)**

**Marks-100**

## **CourseOutcome:**

After the completion of the course, the student shall be able to:

- Describe the physiological effects of various yogic practices like kriyas, asanas, pranayamas, mudras, bandhas, drishtis, Guided relaxation and Meditation;
- Define rules and regulations of Yoga to be followed;
- Understand the therapeutic aspects of Yoga and Naturopathy as applied to different disease conditions;
- Illustrate the concept of health and disease in yogic lore and Naturopathy, and role of stress in disease causation and management of the same with Yoga and Naturopathy;
- Analyze knowledge of Yoga therapy and Naturopathy in managing various diseases;
- Demonstrate usage of therapeutic aspect of Yoga and Naturopathy in promotive, preventive, curative and rehabilitative therapy.
- Employability as assistant to Ayurvedic Physician, Yoga Instructor, Fitness & Wellness coach in corporate sector and Alternative medicine professional in AYUSH.

## **Unit-I:Yogatherapy**

- its meaning & need in modern times. Objectives of Yogatherapy. Precaution in Yogatherapy

## **Unit-II:**

- Concept of health & disease, Yogatherapy in Asthama and Diabetes.

## **Unit-III:**

- Yoga Therapy in Hypertension, obesity & digestive disorders.

## **Unit-IV:**

- Yoga therapy in cold & Sinusitis, Women disorders, Sleep disorders and Gastrointestinal problems.
- Naturopathy treatment in Common Problems, Cold, Cough, Digestive disorders.

## **REFERENCEBOOKS:**

1. YogicManagementofCommonDiseasesbyDrSwamiKarmananda.
2. SecretsofNaturopathyandYogabyBrijBhushanGoel.
3. SpeakingofYogaandNatureCureTherapybyK.SJoshi.

# **HEALTHANDNATUROPATHY**

**Internal=20&external=80(20+80=100)**

**(Papercode-YN-509)**

**Marks-100**

## **CourseOutcome:**

**After the completion of the course, the student shall be able to:**

- Illustrate decision making in Naturopathy;
- Understand the basic principles of screening and prevention of disease;
- Comprehend the scope of practice- patterns of use, fields of practice, regulations, limitations;
- Understand the concept of healing and disease crises and management of the same.
- Understand the pathogenesis of the disease in Naturopathy basis and preventive measures of the same;
- Deduce and form a specific module of therapy for the particular patient with varied presentations.
- Employability as assistant to Ayurvedic Physician, Yoga Instructor, Fitness & Wellness coach in corporate sector and Alternative medicine professional in AYUSH.

## **Unit-I:Yogatherapy**

- ConceptofHolisticHealth&Homeostasis.

## **Unit-II:**

- **Psycho-Physiological** aspect of Asanas,Pranayam,Mudra,Bandha,Kriya,Meditation &Relaxation

### **Unit- III:**

- Philosophy of Naturopathy, Magnetic therapy, Naturopathy diagnosis.

### **Unit-IV:**

- Massage Therapy, Chromopathy, Physiotherapy.
- Treatment of Nature Cures such as Mud bath, Air therapy, Space therapy (fasting) & Water therapy (Steam bath).

### **REFERENCE BOOKS:**

1. Naturopathy for Perfect Health by Dr. Shiv Das Divadi.
2. Health in your Hands - Vol-1 (Acupressure and other Natural Therapies) by Devendra Vora.
3. Practice of Nature Cure by Swami Shivananda.

## **PRACTICAL'S ASANAS, PRANAYAMA KRIYAS & MEDITATION**

*(Practical's=100)*

**(Paper code-YN-511)**

**Marks-100**

### **Course Outcome:**

- Classical Asanas, Pranayama, Mudra and Bandhas are the most important kriyas that lead to the state of meditation.
- These practices are done with awareness, knowledge and preparation.
- The Meaning and Relevance of Hatha Yoga in Modern Asana.
- Textual References for what we practice.
- Classical Asanas and their purpose and function.
- In-Depth Physiological and Energetic Anatomy.
- The Practice of the 5 Bandhas.
- Misconceptions Around Mudras – Clarifying their meaning, purpose and practice.
- The Transformation of Asana into mudra and bandha.
- Subtleties of Pranayama: Pre-practices, practical hints, seasonal considerations, technical considerations, benefits and modifications (Internal & External Kumbhaka, Ujjayi, Surya & Chandra Bheda, Sheetali, Viloma Ujjayi, Bhastrika, Kapalabhati etc.)
- How to Practice & Teach in accordance with Hatha Yoga principles
- Demonstrate use of water in preservation, acute diseases, chronic diseases;
- Correlate general principles of hydrotherapy, therapeutic applications of water, along with therapeutic actions, indications and contra-indications; and classification of mud, storing of mud, modes of mud treatment, cosmetic uses of mud and research updates in hydrotherapy and mud therapy;
- Employability as assistant to Ayurvedic Physician, Yoga Instructor, Fitness & Wellness coach in corporate sector and Alternative medicine professional in AYUSH.

(1)

a- Asana

b- Pranayama

c- Kriyas

(2)

a- Mudbath

b- AirTherapy

c- SpaceTherapy

d- WaterTherapy

#### REFERENCEBOOKS:

1. Asana,Pranayama, MudraandBandhabySwamiSatyanandaSaraswati.
2. LightsonYoga byBKSIyenger
3. DharanaDarshan bySwamiNiranjananandaSaraswatiNidra byN.C.Panda.
4. YogaNidra bySwamiSatyanandaSaraswatiJapaYogabyDr.N.C.Panda.
5. ASystematicCourseintheAncientTantricTechniquesofYogaandKriyabySwamiSatyanandaSaraswati
6. Meditation fromTantrasbySwamiSatyanandaSaraswati.

## **PRACTICAL'S NATUROPATHY VISITS AND ENVIRONMENTAL COURSE**

*(Practical's=100)*

**(Papercode-YN-513)**

**Marks-100**

#### **CourseOutcome:**

Students will be able:

- To understand the concept and function of the environment and recognize the physical, chemical, and biological components of the earth's systems and their functions.
- To acquire the awareness on the ecosystem structure and process which interlinked with human survival, intensively need attention at global and regional level.
- To identify common and adverse impacts of human activities on biotic communities, soil, water, and air quality and suggest sustainable strategies to mitigate these impacts;
- Develop an understanding of environmental pollutions and hazards and general measures to control them.
- To identify surrounding natural resources including renewable resources and non-renewable resources and practices for their restoration



- To realize the importance of biodiversity for maintaining ecological balance and Global conservation practices and strategies.
- To analyze the need for sustainable development in respect of environmental management through Policies, movements and social awareness.
- To acquire skills required to research and analyze environmental issues scientifically in applied situations such as careers.
- Employability as assistant to Ayurvedic Physician, Yoga Instructor, Fitness & Wellness coach in corporate sector and Alternative medicine professional in AYUSH.

### **PRACTICALWORK:-**

The students should take a practical work relating to yoga & Naturopathy in connection with members of Faculty.

#### **1. Internship Project: 50 Marks**

- 100 pages
- The certificate
- Title page
- Content page
- Bibliography

#### **2. Presentation: 30 Marks**

- Powerpoint
- Arrangement of slides
- Detail Description

#### **3. Viva: 20 marks**

- Concept
- Demonstration

## **SEMESTER-IV**

# **NUTRITION DIETETICS AND COOKERY,** **DIET THERAPY**

**Internal=20 & external=80 (20+80=100)**

**(Paper code-YN-502)**

**Marks-100**

#### **Course Outcome:**

After the completion of the course, the student shall be able to:

- Describe fundamentals of nutrition, with respect to different nutrients and food groups;

- Illustrate details of nutritional requirements for different age groups, as well as pregnant and lactating women;
- Classify modern nutrition to traditional Naturopathic diets;
- Illustrate the use of specific herbs in common diseases, with therapeutic values.
- Analyze the nutritional status of a patient; Plan, implement and evaluate nutritional advice for people of different ages and patients of different diseases, including the use of herbs.
- Employability as assistant to Nutritionist, Dietician, Ayurvedic Physician, Yoga Instructor, Fitness & Wellness coach in corporate sector and Alternative medicine professional in AYUSH.

### **Unit-I: Yogatherapy**

- Panchabhautika Classification of food & drinks. Second regimens. Food habits of different regions of the country.

### **Unit-II:**

- Harmful effects of artificially processed food ingredients commonly used in various parts of India & their interpretation according to Panchabhuta therapy

### **Unit-III:**

- Customs & manners of eating their appropriateness, importance of green vegetables, food and drink ingredients..

### **Unit-IV:**

- Diet therapy -  
Eliminative, Soothing, constructive, Combination of Food. Modern concept of diet & Nutrition. Dietetics in health and Diseased State..

#### **Value of Food**

- In raw State
- In Germinated form
- In Cooked form
- Baked
- Steamed
- Boiled
- Roasted
- Fried

1. What is Hunger?
2. What to eat?
3. How much to eat?

### **REFERENCE BOOKS:**

1. Davidson and Passmore, Human Nutrition and dietetics - Passmore, Eastwood

2. Clinical dietetics and nutrition- F.P.Antia.
3. Normal and therapeutic nutrition-Corinne H. Robinson Marilyn R, Lawler.
4. Essentials of food and nutrition–Swaminathan.
5. Foundation of normal and therapeutic nutrition-Randall.T.
6. Nutrition and dietetics- Subhangini Joshi.
7. Nutritive value of Indian foods-NIN B.S.Narsinga Rao.
8. Dietetics–B.Srilaxmi.

## **BENEFIT OF YOGA PRACTICAL'S**

**Internal=20 & external=80 (20+80=100)**

**(Paper code-YN-504)**

**Marks-100**

### **Course Outcome:**

On the completion of the course, the student shall be able to:

- Describe basic physiological and psychological changes of asanas and shat kriyas and their adverse effects;
- Describe basic physiological and psychological changes of pranayamas and bandhas and their adverse effects;
- Describe basic physiological and psychological changes of mudras and meditation and their adverse effects;
- Employability as assistant to Ayurvedic Physician, Yoga Instructor, Fitness & Wellness coach in corporate sector and Alternative medicine professional in AYUSH.

### **Unit-I:**

- Physiological & Psychological benefits of Shatkarma. Physical and Mental benefits of Neti & Dhauti.

### **Unit-II:**

- Physiological & Psychological benefits of Yogic Asanas

### **Unit-III:**

- Physiological & Psychological benefits of Pranayama.

### **Unit-IV:**

- Physiological & Psychological benefits of Mudra.
- Physiological & Psychological benefits of Meditation.

### **REFERENCE BOOKS:**

1. Fundamentals of Yogic Practices-by Rahul and Yogendra Kushwaha, Shrikant
2. Yoga for all by Hansaji J. Yogendra
3. Record of Yoga-1 by Shri Auroinfo.
4. Yoga Benefits-A complete beginners guide for every new Yoga practitioner.

## **YOGA AND AYURVEDA**

**Internal=20 & external=80 (20+80=100)**

**(Paper code-YN-506)**

**Marks-100**

### **Course Outcome:**

**After the completion of the course, the student shall be able to:**

- Foundational principles of Ayurveda
- Ayurvedic constitution and the three Doshas
- The relationship between constitution, health and imbalance
- The definition of holistic health
- Daily guidelines for balanced living
- The Ayurvedic approach to digestion and nutrition
- The purpose of Ayurveda's sister science, Yoga
- The mind-body connection
- Employability as assistant to Ayurvedic Physician, Yoga Instructor, Fitness & Wellness coach in corporate sector and Alternative medicine professional in AYUSH.

### **Unit-I:**

- Principles of Ayurveda

### **Unit-II:**

- History of Ayurvedic Treatments, Authorities & Text etc.

### **Unit-III:**

- Treatment in Ayurveda.

### **Unit-IV:**

- Pancha Karma
- Ayurveda & Yoga.

## **REFERENCEBOOKS:**

1. YogaandAyurvedaforall,byDrRameshKumar,DrB.S.Sharma,AacharyaYogeshKumar.
2. Yogaand AyurvedaBook-ArtofHealingwith Ayurveda
3. YogaandAyurveda-Self-HealingandSelf-Realization,byDavidCrawley.

# **PRACTICAL'STEACHING ABILITY OF ASANA,PRANAYAMA, MUDRA, BANDHA, YOG NIDRA &MEDITATION**

*(Practical's=100)*

**(Papercode-YN-508)**

**Marks-100**

After the completion of the course, the student shall be able to:

- Explain the various definitions of Yoga, history of Yoga and branches of Yoga;
- Describe kinds of Yogasanas, its importance, methods, rules, regulations and limitations;
- Illustrate the various limbs of AshtangaYoga;
- Demonstrate knowledge of pranayamas, pranaand lifestyle, breathing and lifespan.
- Demonstrate various types of Yogasanasin their correct method of performance;
- Demonstrate different mudras and Bandhas.
- Explain and demonstrate Yoga Nidra.
- Employability as assistant to Ayurvedic Physician, Yoga Instructor, Fitness & Wellness coach in corporate sector and Alternative medicine professional in AYUSH.

## **PRACTICAL'S**

**- Teaching ability on AsanasPranayama, Mudra, Bandha& Yoga Nidra.REFERENCEBOOKS:**

1. Yoga-WisdomandPracticebyB.K.S.Iyengar.YogaandAyurvedaBook-ArtofHealingwithAyurveda
2. TheessentialsofYoga,byDinabandhuSarkar and IlaSakthey.
3. AdvancedHathaYogabyShyamSundarGoswami.
4. ProgressiveYogaVidyaTraining,bySwamiNiranjananandSaraswati.
5. HathaYoga(forteachersandprofessionals), byRamjainandKalyaniJain.

# **DISSERTATION**

*(Practical =100)*

**(Papercode-YN-510)**

**Marks-100**

## **CourseOutcome:**

- This evaluation will be based on the project report and a viva-voce examination on the project. Student will be allowed to appear in the final viva-voce examination only if he/she has submitted his /her project work in the form of paper for presentation.
- Employability as assistant to Ayurvedic Physician, Yoga Instructor, Fitness & Wellness coach in corporate sector and Alternative medicine professional in AYUSH.

## **DISSERTATION**

**The students have to submit a research report on Yoga & Naturopathy in connection with his assigned guide**

## **REFERENCEBOOKS:**

1. Yoga Research by Tiffany Field
2. A Practical approach to P.G. Dissertation, by
3. Synopsis, Dissertation and Research to P.G. students, by G.N. Prabhakara.

# **PROJECTWORK**

*(Practical's=100)*

**(Papercode-YN-512)**

**Marks-100**

## **CourseOutcome:**

*Naturopathic visits and environmental camps and individual personality awareness.*

- Organizing a project on visiting a suitable Naturopathy centre by Faculty and Students so

asto enhance the practical knowledge of Yogic attitude for environment and Individual Personality Awareness.

Students will be able:

- To understand the concept and function of the environment and recognize the physical, chemical, and biological components of the earth's systems and their functions.
- To acquire the awareness on the ecosystem structure and process which interlinked with human survival, intensively need attention at global and regional level.
- To identify common and adverse impacts of human activities on biotic communities, soil, water, and air quality and suggest sustainable strategies to mitigate these impacts;
- Develop an understanding of environmental pollutions and hazards and general measures to control them.
- To identify surrounding natural resources including renewable resources and non-renewable resources and practices for their restoration.
- To realize the importance of biodiversity for maintaining ecological balance and Global conservation practices and strategies.
- To analyze the need for sustainable development in respect of environmental management through Policies, movements and social awareness.
- To acquire skills required to research and analyze environmental issues scientifically in applied situations such as careers.
- Employability as assistant to Ayurvedic Physician, Yoga Instructor, Fitness & Wellness coach in corporate sector and Alternative medicine professional in AYUSH.

#### **REFERENCE BOOKS:**

1. Environment 2025, by Rabi Narayan Misra.
2. An understanding of self-simple ways to harness the power within, by J.L. Dhar.