

SCHEME OF EXAMINATION

And

SYLLABUS

For

POST GRADUATE DIPLOMA

In

YOGA SCIENCE AND NATUROPATHY

Offered by



J.C Bose University of Science & Technology, YMCA
Sector-6, Mathura Road, Faridabad, Haryana

SCHEME OF YOGA SCIENCE & NATUROPATHY

Year	First Semester		Second Semester	
I	Course	Credits	Course	Credits
	FOUNDATION OF YOGA	3	PATANJALI YOGSUTRA	3
	ANATOMY AND PHYSIOLOGY	3	NATUROPATHY	3
	HATHYOGA - SADHNA AND SIDDHANT	3	ALTERNATIVE THERAPY	3
	PRACTICAL	18	NATUROPATHY PRACTICAL	9
	YOGIC DIET AND HEALTH	3	YOGA PRACTICAL	9
	TOTAL	30	TOTAL	30
Cumulative credits = 60 (PG Diploma)				

Detailed Curriculum

J.C BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA, FARIDABAD

SUBJECT NAME: FUNDAMENTAL OF YOGA

PAPER CODE : PG-DYN-101

Semester -1st

Stream– Yoga Science & Naturopathy

L T P Total Credits

3 0 0 3

Sessional – 25 Marks

Theory – 75 Marks

Total: 100 Marks

Duration of Exam: 3 Hours

Course Objective:

1. Give an introduction of yoga and its important streams
2. Give a brief introduction of Indian Philosophy.
3. Give a brief history and the basis of different yoga .

Course contents:

UNIT-1. Meaning of yogas , different Definition of yoga , Aim and Purpose of yoga , Introduction of different Method of Yogic Practices, personality of yogi, outline of Indian philosophy .

UNIT-2. Formation of yoga in Upanishad and veda , Formation of yoga in geeta , Formation of yoga according to Yoga Sutra , Formation of Yoga according to Hath yoga , Format According to Buddhism and Jainism.

UNIT-3 Method of yoga→Rajyog,Gyanyog,bhaktiyog,karmayog,ashtangyog,hathyog,mantrayog and layyog.

UNIT-4 A) Introduction of different yogi Maharshipatanjali , Gorakhnath , MaharshiDayanand ,Swami Vivekanand , Maharshi Raman , Shri Aurobindo , Maharshi Mahesh Yogi , Swami Kunalayananda.

B) Introduction of yoga scriptures →Patanjali yoga sutra, Shree madbhagwatGeeta.

Course Outcomes:

1. Advanced Knowledge of diverse yoga therapy tools and practices.
2. Their appropriate application with practices that may include asana or pranayama, meditation and relaxation techniques

Reference Books:

1. Upanishad in yoga – PRO .Ishwar Bharadwaj .
2. Yoga Mahavigyan – Dr .Kamakhaya kumar.
3. Yog Sutra – DR Somveer Arya.

J.C BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA, FARIDABAD
SUBJECT NAME: ANATOMY AND PHYSIOLOGY
PAPER CODE: PG-DYN-102

Semester -1st

Stream– Yoga Science& Naturopathy

L T P Total Credits

3 0 0 3

Sessional – 25 Marks

Theory – 75 Marks

Total: 100 Marks

Duration of Exam: 3 Hours

Course Objectives

1. Discussion of the concept of cells , tissues , skeletal system
2. Discuss anatomical and physiological effects of selected yoga practice and content

Course Contents:

Unit 1 :-Introduction of human body structure and function,structure and function of cell and tissue,structure and function of skeleton system and muscle system ,name and number of skeleton and muscles in human body.

Unit 2:- Process of blood circulation, structure of heart and its functions,blood group, define blood pressure,structure of respiratory system.

Unit 3:- Structure and function of digestive system,structure and function of excretory system, structure and function of endocrine system.

Unit 4:- Effect of different Asana , Pranayama, Mudra, Bandha, Shatkaram and Dhyan on the system of Cell, Tissues, Bones, Digestion, Endocrine , Nervous system and Blood –Circulation

Course outcomes:

1. Knowledge of all part of body , its system function .
2. Knowledge of different organs function n how its connected with each others.

Reference Book:

1. Yoga therapy- Swami Shivanand |
2. Human Anatomy and Physiology- Dr. AnantPrakesh Gupta|

J.C BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA, FARIDABAD

SUBJECT NAME: HATHYOGA

PAPER CODE: PG-DYN-103

Semester -1st

Stream– Yoga Science& Naturopathy

L T P Total Credits

3 0 0 3

Sessional – 25 Marks

Theory – 75 Marks

Total: 100 Marks

Duration of Exam: 3 Hours

Course Objectives:

1. To give an introduction of Hatha yoga.
2. To give an understanding of the pre-requisites of Hatha Yoga.
3. To introduce the principles of Hatha Yoga.
4. To introduce essential Hatha Yoga text.

Course Contents:-

Unit-1: Introduction and Meaning of Hatha Yoga, Authority of Hatha Yoga practices, Suitable time and place for practice, Diet of Hatha Yogi, Seeker elements and obstructing elements in yoga practice.

Unit-2: Introduction and meaning of Asana, Formation of Asana in Hatha Pradipika, formation of Asana according to Gheranda samhita, benefit of Asana in different disease, type of Asana.

Unit-3: Introduction and Meaning of Pranayama, Formation of pranayama according to Hatha Pradipika, Formation of Pranayama according to GherandaSamhita, Role of pranayama in different diseases, type of pranayama.

Unit-4: Introduction and Meaning of Shatkarma, Benefits of Shatkrama, Process of Neti, Benefits and caution, Process of AgniSar, Benefits and caution, process of tratika(concentrated-Gazing)

Reference Books:

1. Hatha Yoga Pradipika- Swami Anant Bharti
2. GherandaSamhita- Dr. Raghvendra Sharma Raghav
3. Asana, Pranayama, Mudra, Bhandha–Bihar yogaMunger

J.C BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA, FARIDABAD
SUBJECT NAME: YOGIC DIET AND HEALTH
PAPER CODE: PG-DYN-104

Semester -1st

Stream– Yoga Science& Naturopathy

L T P Total Credits

3 0 0 3

Sessional – 25 Marks

Theory – 75 Marks

Total: 100 Marks

Duration of Exam: 3 Hours

Course Objectives:

1. Able to 1 Understand the concept of diet and the medical value of nutrition.
2. Advice appropriate diet to different age group and indifferent diseases.
3. Understand health definition according to season.

Course Contents:

Unit 1 Meaning and definition of yoga according to WHO,definition of health according to Sushrut Acharya and Charak Muni, Dincharya,Raatricharya and Ritucharya,base pillar of health(diet,celibacy,sleep).

Unit-2: Concept of disease, cause of disease, Symptoms and solution according to yoga (Constipation, backache, Cold and cough, Hyper-tension, low blood pressure, Asthma.)

Unit 3:- Meaning and definition of diet, the purpose of diet, balance diet, moderate diet, description of yogic diet(tamsik, rajsik, satvik).

Unit 4:- Definition and meaning of nutrition of important factor of nutrition (carbohydrate, vitamin, minerals, protein) nutrition according to age and disease, nutrition diet for pregnant women.

Course outcomes:

1. Understanced the meaning of health in life
- 2 Gain the knowledge about different disease ,
3. Knowledge about Balance diet , Nutrition and Moderate diet .

Reference Books;

1. yog and yogic therapy – Pro. Ramharsh singh|
2. yogic therapy- swami kulvlayanand|
- 3 yog and rog – swami satyanand sarswati|
4. sharir kirya and yogaabhyas- Dr.M.M.Gora|

J.C BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA, FARIDABAD
SUBJECT NAME: YOGA PRACTICAL
PAPER CODE: PG-DYN-105

Semester -1st

Internal – 60 Marks

Stream– Yoga & Naturopathy

External – 40 Marks

L T P Total Credits

Total: 100 Marks

0 0 18 18

Duration of Exam: 3 Hours

Course Objectives:

- 1 .State techniques, Health benefits, applications precautions and Contraindication of under mention yogic practices.
2. To demonstrate and instruct under mentioned yogic practices.

Course contents :

SHAT KARMA (Cleansing process)

Jalneti (Nostile Cleansing) , RubberNeti, Vamankirya/kujankirya, Vatkarm, Viyutkaram, sheetkaram,

Kapalbhati , Nuli(BOYS).

ASANA : PADMASANA (lotus Pose) ,

VAJARASANA (Thunderbolt pose),

GOMUKHASANA(Cow's face pose)

ARDHMATSYENDRA(Spinal twist pose)

PASCHIMOTTANASANA(Back stretching pose)

USTRASANA(Camel pose)

HALASNA(plow pose)

SARVANGASANA(Shoulder Stand pose)

UTTANPADASANA(Standing Forward Bend)

MATSYANASANA(Fish Pose)

CHAKRAASANA(While Pose)

MARKATASANA(Monkey Twist Pose)

SETUBANDH(Bridge pose)

DHANURASANA(Bow pose)

TADASANA(Mountain pose)

SIRSHASANA(Head stand)

MAYURASANA(Peacock pose)

SALABHASANA(Locust pose)

SAVASANA(Corpse pose)

PRANAYAMA: BHASTRIKA, NADI SHODHANA, BHRAMRI, UJJAYI,

MUDRA-BHANDH:→ GYAN MUDRA, YOG MUDRA, VIPRITKARNI MUDRA,

JALANDHAR BHANDH, MOOL BHANDH , UDDYAN BHANDH

SUN SALUTATION With Mantra

A Practical Notebook:→10 ASANA,3PRANAYAMA, 3MUDRABHAND and SUN SALUTATION→(Make notebook with self picture doing this all practices).

B ORAL:

- 1.Demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination.
- 2.Demonstrate the ability to perform yoga movements in various combinations and forms.

J.C BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA, FARIDABAD
SUBJECT NAME: FUNDAMENTAL OF YOGA
PAPER CODE: PG- DYN-201

Semester -2nd

Stream– Yoga Science & Naturopathy

L T P Total Credits

3 0 0 3

Sessional – 25 Marks

Theory – 75 Marks

Total: 100 Marks

Duration of Exam: 3 Hours

Course Objectives:

1. Concept and Formation of Ishvara
2. Give a brief introduction of Samadhi
3. Give a brief introduction of Asthangyog

Course Contents:

Unit 1) Concept and formation of ishvara, prakruti and purush ,definition and meaning in yoga, chittabhumiya and chittavritti, assiduousness(Abhyasa) and imperturbability(vairagya),yogantaraya(obstacles), chittaprasadanam(helpful elements).

Unit 2) Type of Samadhi →Samprajnat and asamprajnat, ritambharapragya, kriyayog,punchkleshe,formation of sukh or dukh,vivek-khyatirsaptadhaprajna(pragya).

Unit 3) Asthangyog (Eight Fold Path)→ Formation and benefits of Yama, formation and benefits of Niyama, formation and benefits of asana, formation and benefits of pranayama, formation and benefits of pratyahara, formation and benefits of Dharana,formation and benefits of dhyana

Unit 4) Formation of antarang and samyamah, description of vibhuti, concept of kevalya, method to achieve kevalya

Course Outcomes:

1. Advanced Knowledge of diverse yoga therapy tools and practices.
2. Their appropriate application with practices that may include asana or pranayama , meditation and relaxation techniques.

Reference Books:

- 1.Patanjaliyog dhrasanam –Dr. Devi sahya Pandy deep|
2. Patanjali yog Pardeep – Geeta Press Gorakhpur|

J.C BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA, FARIDABAD

SUBJECT NAME: NATUROPATHY

PAPER CODE: PG-DYN-202

Semester -2nd

Stream– Yoga Science & Naturopathy

L T P Total Credits

3 0 0 3

Sessional – 25 Marks

Theory – 75 Marks

Total: 100 Marks

Duration of Exam: 3 Hours

Course Objectives:

- 1 Give an introduction of naturopathy and its important streams.
- 2 Give a brief history of naturopathy
- 3 Elaborate type of treatment related to disease in naturopathy

Course Content :

Unit 1) Meaning and definition of naturopathy, history of naturopathy, importance and basic principle of naturopathy, Acute and Chronic disease-Symptoms, diagnosis and naturopathy treatment.

Unit 2) Mud, Air and Sun therapy- Importance of mud, type and effect of mud therapy on body, types of mud, mud bath uses in treatment ways, importance and treatment uses of sun color, method of Sun bath, tie and precaution, benefits of air bath, method of treatment by air and its precautions.

Unit 3) **A**Fast → Definition and meaning of fast and basic principle of fast, type of fasting-long,short,ful,waerfasting,juice fasting, fruit fasting, rules of fasting, fasting for wellness.
B)Massage → Definition, meaning of massage, principle of message, type(scientific and ayurvedic),different method of massage-normal,friction,slap,tap,pinchetc, treatment method and precaution of massage.

Unit 4) Water treatment → Definition and meaning of water treatment, purpose and importance of water, quality effect of different temperature on body, normal bath, naturalbath, frictionbath, katibath, mehan bath , steam bath, spine bath, foot bath, Enema-method, benefit and precaution, benefit of water in health wellness, water treatment used in different disease

Course Outcomes:

1. Advanced knowledge of diseases and regulatory health issues.
2. Advance knowledge of generally accepted ethical principles of health care, yoga and naturopathy.
3. Knowledge of refreshing body by natural way.
- 4 Skill to Provide Yoga therapy.

Reference Books:

1. History and philosophy of Naturopathy – Dr. S.j.Singh |
2. Natur Cure – Dr. H . K . Bakhru|
3. The Practice of Nture Cure –Dr . Henery Lindlahar|

J.C BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA, FARIDABAD
SUBJECT NAME: ALTERNATE THERAPY
PAPER CODE: PG-DYN-202

Semester -2nd

Stream– Yoga Science & Naturopathy

L T P Total Credits

3 0 0 3

Sessional – 25 Marks

Theory – 75 Marks

Total: 100 Marks

Duration of Exam: 3 Hours

Course Objectives:

- 1 Give brief introduction of alternative therapies.
- 2 Introduce to Acupressure therapy, Magnet therapy and Reki and Mantra therapy.
- 3 To treatment through alternative therapies.

Course Contents:

Unit 1) Meaning of disease, definition, cause and type of disease, symptoms of physically, mentally and spiritually sick person and healthy person, origin of alternative therapies, concept of alternative therapies, importance and types of alternative therapies.

Unit 2) Acupressure → History of acupressure, meaning and definition of acupressure, type of acupressure, principle and rules of acupressure, method of acupressure, tools of acupressure quality and treatment of acupressure, precaution in acupressure.

Unit 3) Magnet therapy → History of magnet therapy, meaning of magnet and magnet field, quality of magnet, type of magnet, type of magnet therapy, method of magnet therapy, principle and precaution of magnet therapy, benefit and effect of magnet therapy.

Unit 4) A Reki Therapy → History of Reki therapy, meaning and concept of Reki therapy, rules of Reki therapy, helping tools of Reki therapy, method of Reki treatments, benefits and limitations of Reki therapy.

B Mantra Therapy → Meaning of mantra, definition and formation of mantra, type of mantra, main source or part of mantra, type of mantra chanting, rules of mantra chanting for beginners, the scientific view of mantra and different mantra effects.

Course Outcome :

1. knowledge of classical theories of health and disease relevant to the practice of yoga therapy
2. knowledge of human anatomy, physiology and biomechanics and the interrelationship between system of the body, knowledge of common pathologies and disorders of system of body, including familiarity with symptoms, condition management, illness trajectories and related contraindication to yoga practices

Reference Books:

1. Alternative therapy –Dr.R.H.Vivak|
2. Alternative therapy Method- Dr .Rajkumar Puruthi|
- 3 Acupresser Naturopathy therapy – Dr. Attar Singh |
4. Magnet Therapy –Dr.Hiralal Bansal |

J.C BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA, FARIDABAD
SUBJECT NAME: NATUROPATHY PRACTICAL
PAPER CODE: PG-DYN-204

Semester -2nd

Stream– Yoga Science & Naturopathy

L T P Total Credits

0 0 9 9

Internal – 60 Marks

External – 40 Marks

Total: 100 Marks

Duration of Exam: 3 Hours

Course Objectives:

- 1 State technique, health benefits, applications, precautions and contradiction of under mentioned yogic practices.
- 2 To demonstrate and instruct under mentioned yogic practices

Course Contents

- 1 Water therapy Bath-katibath (hot,cold,natural),steam bath, spinal spray, spinal bath, foot bath cold and hot Enema-natural water,coldwater,warm water. Wetstrip-full body, chest, neck, hand and leg.
2. Mud Therapy : Mud strip-chest,abdomen,eyes,forehead,ear,neck. Lape-full body mud lape (ranjbath,wet mud bath).
3. Sun therapy: Sun bath through with its color.

Course Outcomes:

1. Demonstrate an understanding of health-related fitness components: Cardiorespiratory endurance, flexibility and body composition.
2. Demonstrate an understanding of health problems associated with adequate fitness levels demonstrate an understanding of sound nutritional practices as related to health and physical performance.
3. Knowledge of the interconnection between the body, the breathe, the mind and emotions in the context of maintaining resilience and well- beings

J.C BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA, FARIDABAD

SUBJECT NAME: YOGA PRACTICAL

PAPER CODE: PG-DYN-205

Semester -2nd

Stream– Yoga Science & Naturopathy

L T P Total Credits

0 0 9 9

Internal – 60 Marks

External – 40 Marks

Total: 100 Marks

Duration of Exam: 3 Hours

Course Objectives :

1. To enable the student to have good health.
2. To practice mental hygiene.
3. To possess emotional stability .
4. To integrate moral values .

Course Content:

STANDING POSE	Natrajasana, Bird pose,Viman Asana ,Warrior pose,Raised Arms Pose, triangle pose
SITTING POSE	Fetus pose,Embryo in womb pose,ExtendedFrongPose,Ak Pad Shikandasana,Plow Pose, Cow Face pose, Spinal twist Pose, Back Stretching Pose, camel pose
PRONE POSE	Kurmasan ,Cobra pose,Bow pose , shalbhasan
SUPINE POSE	Supine Thunder bolt pose ,Bridge pose,sarvangasana,PlowPose,Fish Pose
BALANCE POSE	UttithKurmasana, padambakasana, padammayurasana,Scorpio,Monkey twist pose,titibhasana
PRANAYAMA	Bhastrika, Nadhishodhan,Bhramri,ujjayi
MUDRA	Yogmudra,Gyanmudra,VipreetKarnimudra,kakimudra,sambhavamudra ,prithvimudra, Vayumudra, jal mudra
Shat Karm	Vatkarm,vayuktarm,shetkarm,kaplabharti,dhotisutra,neti,kunjai
3 Practical Notebook	Make the self picture yoga notebook under the instructions of yoga teacher

Course Outcomes

1. Demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination.
2. Demonstrate the ability to perform yoga movements in various combinations and forms.
3. Demonstrate the ability to create and present various yoga sequences.