

**Shri Rawatpura Sarkar University  
Raipur (C.G.) India  
Faculty of Science**



**Scheme of Teaching and Examination  
for  
Master of Science  
in  
Yoga & Naturopathy**

Outcome Based Education (OBE)  
&  
Choice Based Credit System (CBCS)  
**(Effective from the Academic Year: 2022-23)**



# Master of Science in Yoga & Naturopathy- I Semester

## Faculty of Science

### Department of Yoga

## Shri Rawatpura Sarkar University, Raipur

### Two Years (Four Semesters) M.Sc. Programme

#### Scheme of Teaching and Examination for

### Master of Science in Yoga & Naturopathy

Outcome Based Education (OBE) and Choice Based Credit System (CBCS)

(Effective from the Academic Year 2022-23)

#### Semester- I

S. No.	Course Code	Course Title	Type of Course	Hours / Week			Total Credits	Maximum Marks			Sem End Exam Duration (Hrs)
				L	T	P		Continuous Evaluation	Sem End Exam	Total	
1	SMS10-101	Foundation of Yoga	Core	4	-	-	4	30	70	100	3.00
2	SMS10-102	Principle and Practices of Hatha Yoga	Core	4	-	-	4	30	70	100	3.00
3	SMS10-103	Fundamental of Naturopathy	Core	4	-	-	4	30	70	100	3.00
4	SMS10-104	Human Biology –I	Core	4	-	-	4	30	70	100	3.00
5	SMS10-181	Yoga Practical -I	Core	-	-	6	3	30	70	100	
6	SMS10-182	Human Biology Practical-I	Core	-	-	2	1	15	35	50	
7	SMS10-183	Naturopathy Practical- I	Core	-	-	2	1	15	35	50	
<b>Total Contact hr per week: 26</b>				<b>16</b>	<b>-</b>	<b>10</b>	<b>21</b>			<b>600</b>	

## Master of Science in Yoga & Naturopathy- I Semester

<b>Course Title</b>	<b>Foundation of Yoga</b>				
<b>Course Code</b>	<b>SMS10-101</b>				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	4	-	-	4	
<b>Prerequisites</b>	<b>Basic knowledge of Yoga and Philosophy.</b>				
<b>Course Objectives</b>	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> <li>• Give an introduction of Yoga and its important streams,</li> <li>• Give a brief introduction of Yogis.</li> <li>• Give a brief history and the basis different types of Yoga.</li> </ul>				
<b>Course Contents</b>	<p><b>UNIT – I Introduction:</b></p> <p>Brief introduction to origin of Yoga, History and Development of Yoga; Meaning and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions about Yoga, Importance of Yoga in Human life.</p> <p><b>UNIT – II Shad-darshans:</b></p> <p>General introduction to Shad-darshanas and Non-Vedic Schools of Indian, Philosophy (Aastika and Nastik Darshana), Purushartha Chatushtaya &amp; Prasthantrayee, Yoga in Jainism, Yoga in Buddhism, Yoga in Samkhya, Yoga in Vedanta.</p> <p><b>UNIT – III Vedic Texts:</b></p> <p>Introduction of Yogic Texts: Patanjali Yog Sutra, Bhagavadgita, Yog Vashistha, Veda, Upanishad and Narad bhakti Sutra. Yoga in Patanjali Yogsutra, Yoga in Bhagavadgita, Yoga in Yoga Vashistha, Yoga in Vedas, Yoga in Upanishads, Yoga in Narad bhaktisutra.</p> <p><b>UNIT – IV Traditional Models:</b></p> <p>Traditional Models: Brief Introduction: Jyan Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga, Hatha Yoga, Mantra yoga, Tantra Yoga, Kriya Yoga, Ashtangayoga.</p> <p><b>UNIT – V Yogic Contribution of Yogies:</b></p> <p>Brief Introduction and Yogic Contribution of Maharshi Patanjali and Guru Gorakshanath. Yogic models of: Swami Vivekananda, Sri Aurobindo, Mahirshi Raman, Swami Dayanand Saraswati, Pt. Shriram Sharma Acharya.</p>				
<b>Course Outcomes</b>	By learning fundamentals of yoga students will have clear vision about the terminology and concepts of yoga. It will pave the path of spiritual journey with the insight wisdom of yoga.				

## Master of Science in Yoga & Naturopathy- I Semester

<b>Text Books</b>	<ol style="list-style-type: none"><li>1. योग और योगी - डॉ. अनुजा रावत</li><li>2. योग विज्ञान- स्वामी विज्ञानानंद सरस्वती</li><li>3. योग महाविज्ञान डॉ. कामाख्या कुमार</li><li>4. Swami Prabhavananda: Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras,2004</li></ol>
<b>Reference Books</b>	<ol style="list-style-type: none"><li>1. भारतीय दर्शन की रूपरेखा- प्रो. हरेंद्र प्रसाद सिन्हा</li><li>2. Dasgupta S. N: History of Indian Philosophy, Motilal Banarsidas, Delhi,2012</li><li>3. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. Motilal Banarasidas, Delhi,2013</li><li>4. Agarwal M M: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010</li><li>5. Swami Bhuteshananda: Nararad Bhakti Sutra, AdvaitaAshrama PublicationDept. Kolkata, II Edition,2009</li><li>6. Hirianna M: Outlines of Indian Philosophy, Motilal Banarsidas, Delhi,2009</li><li>7. Bhat, Krishna K.: The Power of Yoga: SuYoga Publications Mangalore,2006</li></ol>

## Master of Science in Yoga & Naturopathy- I Semester

<b>Course Title</b>	<b>Principle and Practices of Hatha Yoga</b>				
<b>Course Code</b>	<b>SMS10-102</b>				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	4	-	-	4	
<b>Prerequisites</b>	<b>Basic knowledge of Hatha Yogic Texts.</b>				
<b>Course Objectives</b>	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> <li>• To give an introduction of Hathayoga</li> <li>• To give an understanding of the prerequisites of HathaYoga</li> <li>• To introduce the principles of HathaYoga</li> <li>• To introduce essential Hatha Yogatext</li> </ul>				
<b>Course Contents</b>	<p><b>UNIT-I Introduction:</b>  Hatha Yoga: Its Philosophy and Hatha Yoga Texts The Origin of Hatha Yoga,, its meaning, definition, aims &amp; objectives, Introduction to Basic Hatha Yoga Texts: Hatha Pradeepika, Gheranda Samhita, Hatha Rathnavali, Shiva Samhita Siddhasiddhantapaddhati, Yoga Beeja, Goraksha Samhita and Vashishtha Samhita.</p> <p><b>UNIT-II Concept of Hath Yoga:</b>  Rules and regulation for Hath Yoga, Sadhak tatwa and Badhak tatwa in Hatha Yoga text. Concept of Matha, Rules &amp; Regulations to be followed by the Hatha Yoga Practitioner, concept of Mitahara, Pathya and Apathya, Pre requisites of Hath yoga (Dasha Yama and Dasha Niyama).</p> <p><b>UNIT-III Hatha Yoga Practices:</b>  Shodhana-Kriyas and Asanas Shodhana-kriyas in Hatha Pradeepika, Hatharatnavali, Gheranda Samhita&amp;and their techniques, benefits and precautions; Role of Shodhana-kriyas in Yoga Sadhana and their importance in Modern life; Asanas in Hatha Pradeepika, Hatharatnavali,GherandaSamhita, shivasamhita and Vashishthasamhita: their techniques, benefits, precautions and importance. importance of asana in Hatha Yoga Sadhana;</p> <p><b>UNIT-IV Hatha Yogic Practices:</b>  Pranayama, Bandhas and Mudras Pranayama –The concept of Prana, Kinds of</p>				

## Master of Science in Yoga & Naturopathy- I Semester

	<p>Prana and Upa-pranas, Pre-requisites of Pranayama; Nadishodhana Pranayama, its technique and importance, Pranayama practices in Hathapradeepika, Hatharatnavali and GherandaSamhita, their techniques and benefits. precautions and contraindications of different pranayamas, Importance of Pranayamas in Hatha Yoga Sadhana, Concept and definition of bandha and mudras in Hathapradeepika, Hatharatnavali and GherandaSamhita, Their techniques, benefits and precautions.</p> <p><b>UNIT-V Hatha Yoga Practices:</b></p> <p>Pratyahara &amp; Nadanusandhana, Concept of Pratyahara, and Dhyana in Gheranda Samhita and their techniques &amp; benefits; Concept of Samadhi in Hath Yoga texts and its Lakshanam, Hatha Yoga Siddhi Lakshanam; The concept of Nada, Four Avasthas (stages) of Nadanusandhana, and its Siddhis; Applications of Hatha Yogic Practices in Holistic Health Promotion and Disease Prevention. Relevance of hatha yoga in contemporary times.</p>
<p><b>Course Outcomes</b></p>	<p>Hath yoga is dedicated to Kaayashuddhi, e.i physical purification with the scientific techniques of Hath Yoga based on classical text. The students will able to practice and teach the secrete technique of hath Yoga and will be prepared for the practice of Raaja Yoga.</p>
<p><b>Text Books</b></p>	<ol style="list-style-type: none"> <li>1. हठ प्रदीपिका - स्वात्माराम कृत , स्वामी दिगंबर</li> <li>2. हठ प्रदीपिकाज्योत्स्ना स्वामी महेशानंद कैवल्य धाम</li> <li>3. घेरण्ड संहिता स्वामी निरंजनानंद सरस्वती</li> <li>4. वशिष्ठ संहिता (योग कांड)- कैवल्य धाम</li> <li>5. Yogapradipika– B.K.S. Iyengar</li> <li>6. Gorakh Samhita– Gorakhnath Mandeer, Gorakhpur</li> </ol>
<p><b>Reference Books</b></p>	<ol style="list-style-type: none"> <li>1. साधना पद्धतियों का ज्ञान विज्ञान- पं. श्री राम शर्मा आचार्य</li> <li>2. Bhakti Sagar- Swami Charandas</li> <li>3. Textbook of Yoga- Yogeshwar</li> <li>4. Mysterious Kundalini- Dr. VasantRele</li> <li>5. Asana, Pranayama, Mudra, Bandha- Swami Satyananda Saraswati</li> <li>6. Hatha Yoga Pradipika of Swatmaram - Theosophical Society</li> </ol>

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<b>Course Title</b>	<b>Fundamental of Naturopathy</b>				
<b>Course Code</b>	<b>SMS10-103</b>				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	<b>4</b>	<b>-</b>	<b>-</b>	<b>4</b>	
<b>Prerequisites</b>	Basic knowledge of Human Body and System.				
<b>Course Objectives</b>	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> <li>• Discuss introduction to human body with concept of cells, tissues, skeletal system, muscular system, respiratory system, cardiovascular system with their gross anatomy and physiology.</li> <li>• Discuss anatomical &amp; physiological effects of selected yoga practices on aforesaid contents of human body in evidence based way.</li> </ul>				
<b>Course Contents</b>	<p><b>UNIT-I Introduction:</b> Introduction Natural life, Meaning, Definition &amp; Principles of Naturopathy. Health, Root cause of Disease, Acute &amp; Chronic disease, Principles of foreign matter, Bad effects of Medicines and Drugs on Health. Vital Force, Sources to increase Vital Force, Disease, Diagnosis Techniques &amp; Healing of Disease. Unity of Body, Mind &amp; Soul.</p> <p><b>UNIT-II Methods-I: Mud &amp; Chromo Therapy</b> Mud Therapy &amp; Chromo Therapy: Mud therapy- introduction, properties of Mud, types &amp; importance. Effect of Mud on Body, Packs of Mud, Full Body Mud Pack. Importance of chromo therapy, Action &amp; Reaction of Chromo therapy. Sun bath, Use of different Colors. Infra-red &amp; Ultraviolet rays.</p> <p><b>UNIT-III Methods-II: Hydrotherapy:</b> Hydrotherapy: Introduction, importance of water, Remedial properties of Water, Effect of diff. temp. of water on Body. Methods of Hydrotherapy-friction bath, hip bath, steam bath, spine bath, foot &amp; hand bath, full immersion bath. Full bed sheet Pack, Packs of – Chest, Abdominal, Throat, Hand &amp; Foot. Sponge, Ushapaan, Enema &amp; fermentation.</p> <p><b>UNIT-IV Methods-III: Fasting &amp; Food Therapy:</b> Fasting &amp; Food Therapy: Aakash tatwa chikitsa- Introduction, importance of Aakash tatwa, Definitions of fasting, Difference between Fasting &amp; Starvation. Types of Fasting (Complete Fast, Masters of Arts in Yoga &amp; Naturopathy- I Semester 11 Partial Fast, Water Fast, Juice Fast, Mono diet) and its effect on the Body, How to start fasting &amp; break it, Treatment of crisis during Fast. Natural resistance through food digestion, Absorption &amp; Assimilation, Balanced diet, Acidic, Alkaline diet, Combination of food.</p> <p><b>UNIT-V Methods-IV: Air Therapy</b> Air Therapy Important of air, Morning walk, Pranayama, Yajna Chikitsa, Swar Vijnana, Air bath, Definition of massage &amp; importance, Effect of massage on different Body parts. Massage in diseases. Techniques of massage- touch, pressure, stroking,</p>				

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	friction, kneading, wringing, chucking, vibration, percussion. Effects of Massage on different body system.
<b>Course Outcomes</b>	Human anatomy and physiology provides a comprehensive knowledge of human body and it helps to understand the impact of yogic practices upon human body and its physiology.
<b>Text Books</b>	<ol style="list-style-type: none"><li>1. प्राकृतिक चिकित्सा एक समग्र उपचार पद्धति-डॉ. सरस्वती काला</li><li>2. प्राकृतिक आयुर्विज्ञान- डॉ. राकेश जिन्दल</li><li>3. चिकित्सा उपचार के विविध आयाम- पं. श्रीराम शर्मा आचार्य सम्पूर्ण वाङ्मय, खण्ड-40</li><li>4. The Complete Handbook of Nature Cure- Dr. H.K. Bakhru</li></ol>
<b>Reference Books</b>	<ol style="list-style-type: none"><li>1. जीवेम शरदः शतम- पं. श्री राम शर्मा आचार्य सम्पूर्ण वाङ्मय, खण्ड- 41</li><li>2. आहार और स्वास्थ्य -डॉ. हीरालाल</li><li>3. रोगों की सरल चिकित्सा-विट्ठलदास मोदी</li><li>4. आयुर्वेदीय प्राकृतिक चिकित्सा- डॉ. राकेश जिन्दल</li><li>5. चिकित्सा उपचार के विविध आयाम- पं. श्रीराम शर्मा आचार्य सम्पूर्ण वाङ्मय, खण्ड-40</li><li>6. Diet and Nutrition - Dr. Rudolf</li></ol>



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<b>Course Title</b>	<b>Human Biology- I</b>				
<b>Course Code</b>	<b>SMS10-104</b>				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	<b>4</b>	<b>-</b>	<b>-</b>	<b>4</b>	
<b>Prerequisites</b>	<b>Basic knowledge of English Grammar and Language.</b>				
<b>Course Objectives</b>	The teaching-learning of this paper will enable learner to- Discuss introduction to human body with concept of cells, tissues, skeletal system, muscular system, respiratory system, cardiovascular system with their gross anatomy and physiology. Discuss anatomical & physiological effects of selected yoga practices on aforesaid contents of human body in evidence-based way.				
<b>Course Contents</b>	<p><b>UNIT-I Introduction:</b></p> <p>General Introduction of Human Body: Cell &amp; its Components: Nucleus, cell membrane and cytoplasm. Tissues: Types, Structure &amp; Function. Structure and functions of DNA ( blue print of life).</p> <p><b>UNIT-II Musculo-skeletal System:</b></p> <p>Musculo-skeletal System: types of muscles ( skeletal, visceral and cardiac muscles its structure and functions). Physiology of muscle Contraction, Joints. – Types, Muscle tone &amp; Muscle fatigue. Spine, Vertebral bodies, Intervertebral discs, Spinal canal. Effect of Yogic Practices on Muscles. Joints-</p> <p><b>UNIT-III Gastrointestinal system:</b></p> <p>Gastrointestinal System: Anatomy of the Gastrointestinal System: Oral Cavity, Esophagus, Stomach, Duodenum, Jejunum, Ileum, Colon, Appendix, Sigmoid and Rectum, Liver, all.Bladder, Salivary Glands, &amp; Pancreas. Process and Physiology of Digestion (Carbohydrates, Proteins, Fats, Fibre), Absorption, Assimilation &amp; Ejection. Digestion of food: Enzymes, , &amp; Role of Colonic bacteria. Effect of Yogic Practices on Gastrointestinal System. GI hormones its secretion and its functions.</p> <p><b>Metabolism:</b></p> <ul style="list-style-type: none"> <li>▪ Carbohydrate Metabolism Glycogenesis</li> <li>▪ Insulin and Glucagon</li> <li>▪ Protein Metabolism</li> <li>▪ Fat Metabolism Lipolysis, Neoglucogenesis, Cytogenesis</li> <li>▪ Effects of Yogic Practices on Metabolism.</li> </ul> <p><b>Unit IV Respiratory</b></p> <ul style="list-style-type: none"> <li>▪ Respiratory System: Structure &amp; Functions of respiratory organs.nose, pharynx, larynx trachea, lungs and alveolis. Structure of Lungs and bronchi, alveolar gas exchange, Respiratory volumes, partial pressures</li> <li>▪ <u>Biochemistry</u>: Atmospheric gases, Partial pressures, <math>paO_2</math>, <math>paCO_2</math></li> <li>▪ Transport of oxygen and carbon dioxide</li> <li>▪ Regulation of respiration, neural control of breathing, Chemical control of breathing</li> <li>▪ Respiratory adjustments in health and disease: Effect of high altitude,</li> </ul>				

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	<p style="text-align: center;">Exercise, Hypoxia</p> <p>Effect of Yogic Practices on Respiratory systems.</p> <p><b>UNIT-V Cardiovascular System:</b></p> <p>Cardiovascular System: Blood and blood cells. The heart: Its structure, Heart valves &amp; chambers, Coronary blood vessels; The cardiac muscle and its characteristics. The great vessels Arteries, veins and capillaries Structure and function. The heart as a pump: Circulation &amp; Blood pressure, cardiac output. Coronary circulation, Origin of cardiac activity, electrical activity of the heart, Conducting system of the heart. Regulation of circulatory function: Vasomotor center, sympathetic and parasympathetic activity</p> <p>Effect of Yogic Techniques on Cardiovascular system.</p>
<p><b>Course Outcomes</b></p>	<p>Human anatomy and physiology provide a comprehensive knowledge of human body and it helps to understand the impact of yogic practices upon human body and its physiology.</p>
<p><b>Text Books</b></p>	<ol style="list-style-type: none"> <li>1. मानव शरीर संरचना और क्रिया विज्ञान- वी. कु मार</li> <li>2. मानव शरीर रचना और क्रिया विज्ञान- डॉ. अनंत प्रकाश गुप्ता</li> <li>3. Anatomy &amp; Physiology &amp; Yogic Practices: Dr. M.L. Gharote and Prof. S.K. Ganguly</li> <li>4. M.M. Gore: Anatomy and Physiology of Yogic Practices,</li> <li>5. H.D. Coulter: Anatomy of Hatha Yoga, Delhi, India, MotilalBanarasidas</li> <li>6. V. Kumar: Manav Sharir Samrachna aur kriyaVijyan. New Delhi India, Japee Brothers Medical PulbisherP.Ltd.</li> </ol>
<p><b>Reference Books</b></p>	<ol style="list-style-type: none"> <li>1. योगासन और क्रिया विज्ञान - डॉ. राधेश्याम शर्मा</li> <li>2. Gore, M.M.: Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala, 2003)</li> <li>3. Shirley Telles: A Glimpse of the Human body. (V K YOGAS, Bangalore, 1995)</li> <li>4. Sri Krishna: Notes on Structure and Functions of Human Body and Effects of Yogic practices on it (Kaivalydhama S.M.Y.M Samiti, Lonavala, 1988)</li> </ol>

## Master of Science in Yoga & Naturopathy- I Semester

<b>Course Title</b>	<b>YOGA PRACTICAL-I</b>																				
<b>Course Code</b>	<b>SMS10-181</b>																				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>																	
	-	-	6	3																	
<b>Prerequisites</b>	Basic knowledge of different limbs of Yoga.																				
<b>Course Objectives</b>	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> <li>• State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices</li> <li>• To demonstrate and instruct under mentioned yogic practices.</li> </ul>																				
<b>Course Contents</b>	<p><b>01. Mantra &amp; Prayers</b> Gayatri Mantra, Mahamrityunjay Mantra, Guru Awahan Mantra (K.Bh.), Saraswati Mantra (K.Bh.),</p> <p><b>02. Yogic postures:</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">1. PawanMuktasana Part-1, 2 &amp; 3,</td> <td style="width: 50%;">2. Tadasana (Asana - W &amp; H),</td> </tr> <tr> <td>3. Tiryak Tadasana (A.P.M.B.)</td> <td>4. Kati Chakrasana(A.P.M.B.)</td> </tr> <tr> <td>5. Marjariasana (A.P.M.B.),</td> <td>6. JannuShirasana (A.P.M.B.)</td> </tr> <tr> <td>7. Surya Namaskara (A.P.M.B.)</td> <td>8. Goumukhasana (H.P.)</td> </tr> <tr> <td>9. Padmasana (H.P.)</td> <td>10. Vakrasana (Y.K.)</td> </tr> <tr> <td>11. Ushtrasana( Gh.S. )</td> <td>12. Noukasana (Asana W &amp; H)</td> </tr> <tr> <td>13. Uttakatasana (Gh.S.)</td> <td>14. PawanMuktasana (A.P.M.B.)</td> </tr> <tr> <td>15. Mandukasana (H.P.)</td> <td>16. Shawasan (H.P.)</td> </tr> </table> <p><b>03. Pranayama Practice:</b></p> <ol style="list-style-type: none"> <li>a. Breathing - Chest, Abdominal &amp; Yogic (A.P.M.B.)</li> <li>b. Pranakarshana (G.M.)</li> <li>c. anulomeVilome (H.P.)</li> <li>d. Nadishodhan (G.M.)</li> </ol> <p><b>04. Meditations:</b></p> <ul style="list-style-type: none"> <li>▪ SohamDhyana - ( Dharana&amp;Dhyan)</li> <li>▪ Om Dhayan - ( Dharana&amp;Dhyan)</li> </ul> <p><b>05. Mudras &amp;Bandhas:</b></p> <ul style="list-style-type: none"> <li>▪ Moolbandha (H.P.)</li> <li>▪ JalandharaBandha (H.P.)</li> </ul>					1. PawanMuktasana Part-1, 2 & 3,	2. Tadasana (Asana - W & H),	3. Tiryak Tadasana (A.P.M.B.)	4. Kati Chakrasana(A.P.M.B.)	5. Marjariasana (A.P.M.B.),	6. JannuShirasana (A.P.M.B.)	7. Surya Namaskara (A.P.M.B.)	8. Goumukhasana (H.P.)	9. Padmasana (H.P.)	10. Vakrasana (Y.K.)	11. Ushtrasana( Gh.S. )	12. Noukasana (Asana W & H)	13. Uttakatasana (Gh.S.)	14. PawanMuktasana (A.P.M.B.)	15. Mandukasana (H.P.)	16. Shawasan (H.P.)
	1. PawanMuktasana Part-1, 2 & 3,	2. Tadasana (Asana - W & H),																			
	3. Tiryak Tadasana (A.P.M.B.)	4. Kati Chakrasana(A.P.M.B.)																			
	5. Marjariasana (A.P.M.B.),	6. JannuShirasana (A.P.M.B.)																			
	7. Surya Namaskara (A.P.M.B.)	8. Goumukhasana (H.P.)																			
	9. Padmasana (H.P.)	10. Vakrasana (Y.K.)																			
	11. Ushtrasana( Gh.S. )	12. Noukasana (Asana W & H)																			
	13. Uttakatasana (Gh.S.)	14. PawanMuktasana (A.P.M.B.)																			
	15. Mandukasana (H.P.)	16. Shawasan (H.P.)																			

## Master of Science in Yoga & Naturopathy- I Semester

	<ul style="list-style-type: none"><li>▪ Kakimudra (Gh.S.)</li><li>▪ Ashwinimudra (Gh.S.)</li><li>▪ Hastmudra-Gyan, Ling, Panchtatva Mudra (M.V.)</li></ul> <p><b>06.Shatkarmas:</b></p> <ul style="list-style-type: none"><li>▪ Jala-Neti (Gh.S.)</li><li>▪ Rubber-Neti (A.P.M.B.)</li><li>▪ Kapalbhathi (Vatkram) (20-50stocks) (Gh.S.)</li><li>▪ Agnishar (Gh.S.)</li></ul> <p>• <b>Viva-Voce:</b></p>
<b>Course Outcomes</b>	A scientific and well-mannered yogic practice based on classical text as well as contemporary trends will provide the talent to students to explore the science beauty and Philosophy of Yoga.
<b>Text Books</b>	<ol style="list-style-type: none"><li>1. Swami SatyanandaSaraswati - Asan, Pranayama, Mudra, Bandha, Yoga publication trust, Munger,2006.</li><li>2. आसन प्राणायाम एवं मुद्रा बंध- स्वामी सत्यानंद सरस्वती</li></ol>
<b>Reference Books</b>	<ol style="list-style-type: none"><li>1. योगाभ्यासों की अध्यापनविधि – कैवल्य धाम लोनावला</li><li>2. सभी के लिए योग – आयंगर</li><li>3. O.P. Tiwari - Asana why and how, Kaivalyadham SMYM samiti, Lonavala, 2012.</li><li>4. M.L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavla.Pt. Shri Ram Sharma- PragyaAbhiyanka Yoga Vyayam, BrahmvarchasshodhSanshan, Shantikunj,Haridwar, 1998.</li><li>5. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012.</li></ol>

## Master of Science in Yoga & Naturopathy- I Semester

<b>Course Title</b>	<b>HUMAN BIOLOGY PRACTICAL-I</b>				
<b>Course Code</b>	<b>SMS10-182</b>				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	-	-	2	1	
<b>Prerequisites</b>	Basic knowledge of anatomy and Physiology.				
<b>Course Objectives</b>	<p>The objectives behind teaching Human Anatomy and Physiology is to</p> <ul style="list-style-type: none"> <li>• Make students familiar with the systems of the body.</li> <li>• Give a hand on experience about the human body using models, charts and pictures.</li> <li>• Make students understand the organization of the body with respect to structural components.</li> </ul>				
<b>Course Contents</b>	<ol style="list-style-type: none"> <li>1. Recording of systemic Arterial Blood Pressure</li> <li>2. Recording of body temperature and effect of exposure to cold &amp; hot environment.</li> <li>3. Eyes Test: Vision testing &amp; Color vision</li> <li>4. Determination of Blood Groups (A, B, AB &amp; O and Rh system)</li> <li>5. Estimation of Haemoglobin (Hb) and Blood sugar.</li> <li>6. Demonstration of Osteology &amp; Myology.</li> </ol>				
<b>Course Outcomes</b>	Human anatomy and physiology provide a comprehensive knowledge of human body and it helps to understand the impact of yogic practices upon human body and its physiology.				
<b>Text Books</b>	<ol style="list-style-type: none"> <li>1. मानव शरीर संरचना और क्रियाविज्ञान- वी. कुमार</li> <li>2. मानवशरीररचना और क्रियाविज्ञान- डॉ. अनंतप्रकाशगुप्ता</li> <li>3. Anatomy &amp; Physiology &amp; Yogic Practices: Dr. M.L. Gharote and Prof. S.K. Ganguly</li> <li>4. M.M. Gore: Anatomy and Physiology of Yogic Practices,</li> <li>5. H.D. Coulter: Anatomy of Hatha Yoga, Delhi, India, MotilalBanarasidas</li> </ol>				
<b>Reference Books</b>	<ol style="list-style-type: none"> <li>1. योगासन और शरीर विज्ञान- डॉ. राधेश्यामशर्मा</li> <li>2. Gore, M.M.: Anatomy and Physiology of Yogic practices (KanchanPrakshan, Lonavala, 2003)</li> <li>3. Shirley Telles: A Glimpse of the Human body. (V K YOGAS, Bangalore, 1995)</li> <li>4. Sri Krishna: Notes on Structure and Functions of Human Body and Effects of Yogic practices on it (Kaivalyadhama S.M.Y.M Samiti, Lonavala, 1988)</li> </ol>				

## Master of Science in Yoga & Naturopathy- I Semester

<b>Course Title</b>	<b>NATUROPATHY PRACTICAL- I</b>				
<b>Course Code</b>	<b>SMS10-183</b>				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	-	-	2	1	
<b>Prerequisites</b>	<b>Basic knowledge of Naturopathy and five elements.</b>				
<b>Course Objectives</b>	<ol style="list-style-type: none"> <li>1. State techniques, health benefits, applications, precautions and contraindications of Naturopathy and theirPrincipals.</li> <li>2. To apply the Naturopathy theory to cure and management of various types of disease.</li> </ol>				
<b>Course Contents</b>	<p><b>1. Hydrotherapy:</b></p> <ul style="list-style-type: none"> <li>▪ Bath: Hip bath (Cold, Hot, Neutral), Steam bath, Emerson bath, Spinal spray, Spinal bath, Hot &amp; Cold foot bath, Leg bath.</li> <li>▪ Enema: Neutral water, Could water, Lemon, Butter milk, Neem water.</li> <li>▪ Packs- Full bed sheet pack; Abdomen, Throat, Hand &amp; Foot packs.</li> <li>▪ Fomentation: Hot &amp; Cold.</li> </ul> <p><b>2. Mud Therapy:</b> Mud pack for Abdomen &amp; Eyes, Full body Mud pack.</p> <ul style="list-style-type: none"> <li>▪ <b>Diet therapy-</b> Balance diet for different age groups, Diet according to body constitution.</li> </ul> <p><b>3. Chromo therapy:</b> Techniques- Sun bath, Colours, Air, Water, Oil, Natural sugar &amp; Thermolume.</p> <p><b>4. Massage Therapy:</b> Types of Massage, Different steps of Massage,</p> <p><b>5. Air Therapy:</b> Pranayamas &amp; its therapeutic effect.</p> <p><b>Viva voce:</b></p>				
<b>Course Outcomes</b>	The students will have practical knowledge of naturopathy.				
<b>Text Books</b>	<ol style="list-style-type: none"> <li>1. प्राकृतिक आयुर्विज्ञान—डॉ. राकेश जिन्दल</li> <li>2. प्राकृतिक चिकित्सा एक समय उपचारपद्धति—डॉ. सरस्वती काला</li> <li>3. The Practice of Nature Cure - Dr. Henry Lindlhar</li> </ol>				
<b>Reference Books</b>	<ol style="list-style-type: none"> <li>1. चिकित्सा उपचार के विविध आयाम—पं. श्रीराम शर्मा आचार्य सम्पूर्ण वाङ्मय, खण्ड—40</li> <li>2. जीवेम शरदः शतम—पं. श्रीराम शर्माआचार्यसम्पूर्ण वाङ्मय, खण्ड— 41</li> <li>3. Nature Cure - Dr. H. K. Bakhru</li> </ol>				

## Master of Science in Yoga & Naturopathy- I Semester

### WORD KEY

<b>BOOKS NAME</b>	<b>WRITER</b>
1. A.P.M.B.=Asana Pranayam Mudra Bandh -	Swami Niranjananand
2. Asana-W & H=Asana Why & How -	Dr. O.P. Tiwari
3. Y.K=Yoga Kuvalyanand -	Swami Kuvalyanand
4. H.P=Hath Pradipika (Kaivalyadham) -	Swami Swatmaram Suri
5. Y.D.= Yoga Dipika -	B.K.S. Ayanger
6. B.Y.=Bahirang Yoga -	Paramhans Yogeshwaranand
7. Gh.S.=Gherand Samhita -	Maharshi Gherand
8. M.V.=Mudra Vigyan -	Shri Kapil Dev Shastri
9. K.Bh.- Karmakand Bhaskar -	Pt. Shri Ram Sharma Acharya
10. G.M. =Gayatri Mahavigyan -	Pt. Shri Ram Sharma Acharya
11. A.P.= Asana Pranayam -	Swami Atmabindu
12. H.Y.V. = Hath Yoga Vidya -	Swami Vigyananand Saraswati
13. P.Y.P.= Patanjali Yoga Pradip -	Swami Omanand Tirth
14. T.K. & Y.V.= Tantra Kriya &Yoga Vidya -	Swami Satyanand Saraswati
15. P.Y.S. = Patanjali Yoga Sutra -	Maharshi Patanjali (Gita Press)
16. Dev Yajan -	Swami Shivanand Saraswati
17. Dharana & Dhyan -	Swami Satyanand Saraswati
18. Yoga Pratibha -	Pratibha Rani Dwivedi
19. Rudrabhishek -	Pt. Shri Ram Sharma Acharya