

**Shri Rawatpura Sarkar University
Raipur (C.G.), India**



Examination Scheme & Syllabus

for

Masters of Arts

in

Yoga & Naturopathy

(Effective from the session: 2021-22)

Masters of Arts in Yoga & Naturopathy



Faculty of Arts Department of Yoga Shri Rawatpura Sarkar University, Raipur Masters of Arts in Yoga & Naturopathy

(Effective from the session: 2021-22)

Examination Scheme

Semester- III

S. N	Course Code	Th/Pr	Subject	Type of Course	Teaching hours per week			TC	Examination Scheme				Total Marks
					L	T	P		Theory		Practical		
									EX	IN	EX	IN	
1	AMA01-301	Th	Patanjal Yoga Sutra	Core	4	-	-	4	70	30	-	-	100
2	AMA01-302	Th	Management of Common Disorders Through Naturopathy-I	Core	4	-	-	4	70	30	-	-	100
3	AMA01-303	Th	Complementary & Alternative Therapy	Core	4	-	-	4	70	30	-	-	100
4	AMA01-304	Th	Psychotherapy & Yogic-Psychotherapy	Core	4	-	-	4	70	30	-	-	100
5	AMA01-305	Th	Indian Philosophy	Core	4	-	-	4	70	30	-	-	100
6	AMA01-381	PR	Yoga Practical – III	Core	-	-	6	3	-	-	70	30	100
7	AMA01-382	PR	Naturopathy Practical- I	Core	-	-	2	1	-	-	35	15	50
8	AMA01-383	PR	Psychotherapy & Yogic Psychotherapy Practical	Core	-	-	2	1	-	-	35	15	50
Total Contact hr per week: 30			Total Credit: 25						Total Marks:				700

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Course Title	PATANJAL YOGA SUTRA				
Course Code	AMA01-301				
Course Credits	L	T	P	TC	
	4	-	-	4	
Prerequisites	Basic knowledge of Yoga.				
Course Objectives	<ul style="list-style-type: none"> • To teach an overview of the Patanjali Yogasutras • To teach the essence of the Patanjali Yogasutras • To discuss Patanjali Yoga Sutra in terms of Psychology. 				
Course Contents	<p>UNIT-I Introduction of Patajal Yoga Sutra: Brief Historical outlines of the Yoga system of Patanjali, Sage Patanjali and Annotators of the Yoga Sutras with their Annotations, Brief Introduction to the subject matter of the Yoga Sutras. Nature of Yoga according to Patanjali.</p> <p>UNIT-II Terms defined in the Yoga Sutras- I Concept of Citta, Citta-bhumis, Citta-vrittis, Citta-vrittinirodhopaya, Abhyasa and Vairagya as the tools, Citta-Vikshepas (Antarayas), Citta-prasadanam and its' associates. Concept of Bhavapratyaya&Upaypratayaya. Concept of Ishvara and qualities of Ishvara.</p> <p>UNIT-III Terms defined in the Yoga Sutras- II Concept of Kriya Yoga , theory of Kleshas; Concept of Karmashaya and Karmvipaka, Nature of dhukha, Concept of Chaturvyuhavada, Drishyanirupanam, Drasthanirupanam, Prakriti-PurushaSamyoga; Brief Introduction to Ashtanga Yoga; Yama- Niyama; Concept of Vitarka&Mahavrata; Asana, Pranayama, Pratyahara and their siddhis.Dharana, Dhyana and Samadhi, Nature of Sanyama;</p>				

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	<p>UNIT-IV</p> <p>Concept of Samadhi & Vibhuti</p> <p>Types and nature of Samadhi in Yoga Sūtra, Samprajnata, Asamprajnata, Sabija&Nirbija Samadhi, Rtambharaprajna and Adhyatmaprasada; Four types of Karmas, Concept of Vibhuti, five means of Siddhis, Importance of siddhis achieved through Samadhi, Dharmamegha Samadhi and its result, VivekakhyaNirupanam, KaivalyaNirvachana.</p> <p>UNIT-V</p> <p>Holistic Health in the Yoga Sutras</p> <p>Meaning & Nature of Health, Patanjali's Techniques of Physical Health, Mental obstructions in the Path of Yoga, Techniques for Mental awakening, Social Techniques in the Yoga Sutras, Adjustment Solutions, Obstructions in the path of Spiritual Health, Importance of Ashtanga Yoga &Kriya Yoga in Modern life.</p>
Course Outcomes	The students will have deep understanding about the secret practices and experiences of yoga sadhana.
Text Books	<ol style="list-style-type: none">1. पातंजलयोगसूत्र - करमबेलकर2. योगदर्शन- गीताप्रेसगोरखपुर3. Lights on Yoga Sutra - B.K.S Iyenger
Reference Books	<ol style="list-style-type: none">1. पातंजलयोगसूत्रयोगदर्शन - नन्दलालदशोरा2. Rajayoga: Swami Vivekananda (Advaita Ashram, Calcutta,2000).3. The Yoga System of Patanjali: Woods, J.H. (M.L.B.D., Delhi,1988)4. Light on Patanjali Yoga: Iyengar B.K.S. (New York, Schocken Books, (1994)5. Yoga Vartika of Vijnanbhikshu: Rukmini T.S.: (Tr.) Vol I, II, III & IV, MunshiramManoharlal Pvt. Ltd. New Delhi

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Course Title	Management of Common Disorders Through Naturopathy-I				
Course Code	AMA01-302				
Course Credits	L	T	P	TC	
	4	-	-	4	
Prerequisites	Basic knowledge of Naturopathy and Yoga.				
Course Objectives	The teaching-learning of this paper will enable learner to treatment of various disorders through naturopathy.				
Course Contents	<p>UNIT-I Naturopathic treatment of following diseases:</p> <ul style="list-style-type: none"> ▪ Toothache ▪ Pieria ▪ Hoarseness ▪ gingivitis ▪ goiter ▪ Common cold, ▪ Tonsillitis <p>UNIT-II Naturopathic treatment of following diseases:</p> <ul style="list-style-type: none"> ▪ Edema, ▪ Fatigue, ▪ Food poisoning, ▪ fever, ▪ Typhoid Fever ▪ Malaria. <p>UNIT-III Naturopathic treatment of following diseases:</p> <ul style="list-style-type: none"> • Hyper acidity & Ulcer, • Indigestion & Gas, • Stomach Worm • Constipation, 				

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	<ul style="list-style-type: none"> • Colitis • Piles, • Diarrhea • Irritable Bowel Syndrome (IBS), <p>UNIT-IV Naturopathic treatment of following diseases:</p> <ul style="list-style-type: none"> • Thyroid disorders, • Jaundice, • Anemia • Heart disease, • High & low Blood Pressure, • Varicose Veins, <p>UNIT-V Naturopathic treatment of following diseases:</p> <ul style="list-style-type: none"> • Asthma, • Bronchitis, • Pneumonia, • Sinusitis, • Tuberculosis • Chronic Abstractive Pulmonary Disease (COPD)
Course Outcomes	Students will learn importance and benefits of Naturopathy.
Text Books	<ol style="list-style-type: none"> 1. प्राकृतिक आयुर्विज्ञान – राकेश जिन्दल 2. प्राकृतिक चिकित्सा एक समग्र उपचार पद्धति – डॉ. सरस्वती काला 3. आयुर्वेदीय प्राकृतिक चिकित्सा – राकेश जिन्दल
Reference Books	<ol style="list-style-type: none"> 4. चिकित्सा उपचार के विविध आयाम– पं. श्रीराम शर्मा आचार्य सम्पूर्ण वाङ्मय, खण्ड-40 5. Diet and Nutrition – Dr. Rudolf. 6. History and Philosophy of Naturopathy - Dr. S.J. Singh

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Course Title	Complementary & Alternative Therapy				
Course Code	AMA01-303				
Course Credits	L	T	P	TC	
	4	-	-	4	
Prerequisites	Basic knowledge of Yoga.				
Course Objectives	<p>Aims of the Paper: The teaching-learning of this paper will enable learner to</p> <ul style="list-style-type: none"> • State concept, prevalence, objectives, types, applications and limitations of CAT & • Have knowledge & skills of therapeutics related to acupressure, pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation. 				
Course Contents	<p>UNIT 1 Complementary & Alternative Therapy</p> <p>CAT: History, Meaning, Definition, Objectives, Types, Prevalence, Contemporary Need, Applications and Limitations. Mind-Body Therapy: Origin, Meaning, Definition, Aims, Principles, Factors, Impacts, Prevalence, Applications, and Limitations. Pioneers in MBM in modern era – Norman cousins, Deepak chopra, Herbert Benson, Dean Ornish, Bernie Siegal, Lorry Dossey; Need of mind body medicine; Mind body relationship and modern medicine: Epidemiological studies, clinical studies, & experimental studies; Placebo and Nocebo.</p> <p>UNIT 2 Manipulative-Body Based Therapy (MBT)</p> <p>Manipulative-Body Based Therapy (MBT): Meaning, Definition, Aims, Principles, Types, Impacts, Prevalence, Applications, and Limitations. Acupressure: Origin, Meaning, Definition, Principles, Five Elements Theory, Chi Clock Cycle, Meridian Systems and Locating Acupoints on 12 Major Meridians and Reflexology.</p> <p>UNIT 3 Energy Medicine</p> <p>Energy Medicine: History, Meaning, Definition, Types, Principles, Applications and Limitations. Pranic Healing: Origin, History, Meaning and Sources of Prana; Principles, Law of Action, & Types (Basic, Advanced, and Psychotherapy); Bio-plasmic body/Aura: structure, types and size; Energy Centers (EC): Meaning, Types (Major, Minor and Mini), Sizes, Colors, Functions and Consequences of their Dysfunctions; Ahartic Yoga & Twin Meditation, Scanning Auras or Chakras,</p>				

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	<p>Sweeping and Energizing Procedures.</p> <p>UNIT 4 Acupressure & Pranic Therapeutics</p> <p>Acupressure & Pranic Therapeutics: Low Back Pain, Arthritis, Obesity, Diabetes, Hypertension/Hypotension, Hyper/Hypo Thyroidism, Liver Problem, Allergy, CAD, Anemia, Hyperacidity, Irritable Bowel Syndrome, Colitis, Piles, Migraine, Insomnia, Depression, Chronic Fatigue Syndrome, Epilepsy, Anxiety, Obsessive Compulsive Disorder, Leucorrhoea, Menstrual Disorders, Impotency, Infertility, CSF, Asthma, Pneumonia, Renal Problem, Varicose Veins, Distress, and Myopias.</p> <p>UNIT 5 Dietary Supplements & Herbal Remedies</p> <p>Biologically Based Products (Dietary Supplements & Herbal Remedies) Probiotics and Prebiotics, Antioxidants, Glucosamine Sulfate, Gultamine, Selenium, Curcumin, Multi-vitamins and their Natural Sources, Omega-3 Fatty Acid and Tryptophan; their Functions and natural Sources; Rejuvenating & De-stressing Herbs: Basil, Allovera, Awala, Giloya, Tea, Mint, Peppermint, Ashwagandha, Satabari, Kaunch Beej, Brahmi, Sankhapuspi, Jatamasi, Mithi Buch and; their usages.</p>
<p>Course Outcomes</p>	<p>The students will have deep understanding about the secret practices and experiences of Complementary & Alternative Therapy</p>
<p>Text Books</p>	<ol style="list-style-type: none"> 1. Acharya, B. (2004). Ausadh Darshan. Haridwar, India: Divya Prakashan. 2. Acharya, B. (2005). Ayurveda Jadi-buti Rahasya. Haridwar, India: Divya Prakashan. 3. Brahmabarchas. (2003). Nidan Chikitsa. Haridwar, India: Ved Mata Gayatri Trust. 4. Colledge, N. R., Walker, B. R. & Ralston, S. H. (2010). Davidson's Principles & Practice of Medicine (21st ed.). China: CHURCHILL LIVINGSTONE, ELSEVIER. 5. Holford, P. & Burne, J. (2007). Food is better medicine than drugs. Great Britain: Piatkus. 6. Holford, P. (2014). Good Medicine. Great Britain: Piatkus. 7. Joshi, S. A. (2011). Nutrition and dietetics with Indian case studies. New Delhi, India: Tata McGraw-Hill. 8. Lian, Yu-Lin; Chen, Chun-Yan; Hammes, M. & Kolster, B. C. (2005). Pictorial atlas of acupuncture: An illustrated manual of acupuncture points. Solvenia: h. f. ullmann. 9. Micozzi, M. S. (2015). Fundamentals of complementary and alterntive medicine (5th ed.). China. ELSEVIER SAUNDERS.

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Reference Books	<ol style="list-style-type: none">1. Sharma, S. (2013). Chikitsa Upchar Ke Vividh Ayam (2nd ed.). Mathura, India: Akhand Jyoti Samsthan.2. Sharma, S. (2013). Nirog Jeevan Ke Mahatopurna Sutra (2nd ed.). Mathura, India: Akhand Jyoti Samsthan.3. Sharma, S. (2013). Pran Chikitsa (2nd ed.). Mathura, India: Akhand Jyoti Samsthan.4. Sharma, S. (2006). Diagnose, cure and empower yourself by the currents of breath. Haridwar, India: Shri Vedmata Gayatri Trust.5. Yuan, Chun-Su., & Bieber, E. J. (2003). Textbook of complementary and alternative medicine. New York, NY: The Parthenon Publishing Group.
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Course Title	Psychotherapy & Yogic-Psychotherapy				
Course Code	AMA01-304				
Course Credits	L	T	P	TC	
	4	-	-	4	
Prerequisites	Basic knowledge of Yogic-Psychotherapy.				
Course Objectives	<ul style="list-style-type: none"> ● To teach an overview of the Psychotherapy & Yogic-Psychotherapy. ● To teach the essence of the Psychotherapy & Yogic-Psychotherapy. ● To discuss terms of Psychotherapy & Yogic-Psychotherapy. 				
Course Contents	<p>Unit-I Introduction:</p> <ul style="list-style-type: none"> ▪ Meaning, Definition & Objectives of Psychotherapy. ▪ Characteristics of Effective Psychotherapist. ▪ The Psychotherapeutic Relationship. ▪ The Process of Psychotherapy. <p>Unit-II Types of Psychotherapy</p> <ul style="list-style-type: none"> ▪ Psychodynamic therapy (Freudian Psychoanalysis) ▪ Cognitive therapy (Beck's Cognitive Therapy) ▪ Behavior therapy (Techniques of Behavior therapy- Exposure tech., Aversion tech., Modeling, & Contingency Management.) ▪ Human-Existential therapy (Gestalt & Client-Centered Therapy) ▪ Couple therapy, Family therapy & Group therapy. ▪ Ethical Issues in the Practice of Psychotherapy. <p>Unit-III Yogic-Psychotherapy</p> <ul style="list-style-type: none"> ▪ Meaning, Definition & Objectives of Yogic-Psychotherapy ▪ Need & Significance of Yogic-Psychotherapy. 				

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	<ul style="list-style-type: none"> ▪ Characteristics of Effective Yogic-Psychotherapist. <p>Unit-IV Relationship, Process & Research Review:</p> <ul style="list-style-type: none"> ▪ The Yogic-Psychotherapeutic Relationship. ▪ The Process of Yogic-Psychotherapy. ▪ Research Review of Yogic-Psychotherapy. <p>Unit-V Approaches of Yogic-Psychotherapy:</p> <ul style="list-style-type: none"> ▪ Their Techniques, Process & Applications ▪ Psychodynamic Approach ▪ Cognitive Approach ▪ Behavioral Approach ▪ Cognitive-Behavioral Approach 																		
Course Outcomes	The students will have deep understanding about the Techniques of Yogic-Psychotherapy .																		
Text Books	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">1. चेतन-सुपर चेतन व अचेतन मन</td> <td style="width: 5%; text-align: center;">-</td> <td style="width: 35%;">पं. श्रीराम शर्मा आचार्य</td> </tr> <tr> <td>2. अपरिमित संभावनाओं का आगार मानवी मस्तिष्क</td> <td style="text-align: center;">-</td> <td>पं. श्रीराम शर्मा आचार्य</td> </tr> <tr> <td>3. Mindfulness and Psychotherapy-</td> <td></td> <td>Christopher K. Germer, Ronald D. Siegel</td> </tr> <tr> <td>4. Systematic Survey of Indian Psychology</td> <td style="text-align: center;">-</td> <td>S.P. Srivastava</td> </tr> <tr> <td>5. Indian Psychology</td> <td style="text-align: center;">-</td> <td>Raghunath Sajaya</td> </tr> </table>	1. चेतन-सुपर चेतन व अचेतन मन	-	पं. श्रीराम शर्मा आचार्य	2. अपरिमित संभावनाओं का आगार मानवी मस्तिष्क	-	पं. श्रीराम शर्मा आचार्य	3. Mindfulness and Psychotherapy-		Christopher K. Germer, Ronald D. Siegel	4. Systematic Survey of Indian Psychology	-	S.P. Srivastava	5. Indian Psychology	-	Raghunath Sajaya			
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Course Title	INDIAN PHILOSOPHY				
Course Code	AMA01-305				
Course Credits	L	T	P	TC	
	4	-	-	4	
Prerequisites	Basic knowledge of Indian philosophy.				
Course Objectives	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> • Appreciate the insight in the six systems of Indian philosophy. • Explain the understanding of Yoga as a philosophy and inculcate the essence. • Describe the various schools of philosophy like Buddhism, Samkhya, Mimamsa etc. which are relevant to yoga-practice. 				
Course Contents	<p>UNIT-I Introduction:</p> <p>Introduction: Meaning and definition of Philosophy; General Introduction of Indian Philosophy. Origin and Development; Characteristics of Indian philosophy, Branches of Indian Philosophy (Astika and Nastika)</p> <p>UNIT-II The Charvaka & Jain Philosophy:</p> <p>The Charvaka Philosophy - General Introduction, Buddhist Philosophy - General Introduction & The Four Noble Truths,</p> <p>The Jain Philosophy - General Introduction & Anekantvad, Syadvad, Theory of Jiva, Bondage and Liberation</p> <p>UNIT-III The Nyaya, Vaisheshika & Mimansa Philosophy:</p> <p>The Nyaya Philosophy - General Introduction & Theology, Proof's for the Existence of God), The Vaisheshika Philosophy – General Introduction & The Theory of Atomism, The Mimansa Philosophy: General Introduction & Law of Karma.</p> <p>UNIT-IV The Sankhya & Yoga Philosophy:</p> <p>The Sankhya Philosophy - General Introduction, Theory of Causation - Satkaryavada, Prakriti and Purusha, Theory of Evolution, Bandage and Liberation. The Yoga Philosophy – General Introduction, Chitta, Chitta-Bhumi & The Eightfold path of Yoga, Samadhi, Vibhutiyan& Existence of God.</p> <p>UNIT-V The Philosophy of Vedant:</p>				

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	The Philosophy of Vedant: General Introduction, The Advaita Vedant of, Shankaracharya: General Introduction & Metaphysics. (Shankara's theory of World, Maya, Brahma, God, Soul, Bondage & Liberation-Gyana Yoga)
Course Outcomes	<ul style="list-style-type: none">• The students will learn the knowledge of Indian philosophy.
Text Books	<ol style="list-style-type: none">1. D.M.Dutta&S.C.Chatterjee : An Introduction to Indian Philosophy2. Pradyot Kumar Mandal : BhāratīyaDarśan
Reference Books	<ol style="list-style-type: none">1. DebabrataSen : BhāratīyaDarśan2. C. D. Sharma :A Critical Survey of Indian Philosophy3. M. Hiriyanna : Outlines of Indian Philosophy4. NiradbaranChakraborty : BhāratīyaDarśan5. Karuna Bhattacharya : Nyaya-VaiśeṣikaDarśan6. PanchananShastri : CārvakaDarśan

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Course Title	YOGA PRACTICAL - III				
Course Code	AMA01-381				
Course Credits	L	T	P	TC	
	-	-	6	3	
Prerequisites	Basic knowledge of different types of Yoga.				
Course Objectives	<p>The teaching-learning of this paper will enable learner to-</p> <ol style="list-style-type: none"> 1) State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices; & 2) To demonstrate and instruct under mentioned yogic practices. 				
Course Contents	<p>01. Prayers Mantra & Prayers Guru ashtakama, Nirvan Shatakama, Rudrashtakama, Shiva tandava strotama.</p> <p>02. Asanas</p> <ol style="list-style-type: none"> 1. Urdhwa Padmasana (A.P.M.B.) 21. Ardha Badha Padhamotanasana (A.P.M.B.) 2. Hanumanasana (A.P.M.B.) 22. Jannu Shirshasana (A.P.M.B.) 3. ShirshaPadangushthasana (A.P.M.B.) 23. Purna Matsyendrasana (A.P.M.B.) 4. Murdhasana (A.P.M.B.) 24. Kukkutasana (A.P.M.B.) 5. Ardha Chandrasana (A.P.M.B.) 25. Tittibhasana (A.P.M.B.) 6. Padama Bakasana (A.P.) 26. Bala Garbhasana (B.Y.) 7. Garudasana (A.P.M.B.) 27. Purna Ushtrasana (A.P.M.B.) 8. Yogamudra (A.P.M.B.) 28. Purna Chakarasana (A.P.M.B.) 9. Ekpad Skandhasana (A.P.V.Y.) 29. Purna Halasana (A.P.M.B.) 10. Raja Kapotasana (A.P.V.Y.) 30. Jannu Shirshasana (A.P.M.B.) 11. Kapotasana (A.P.V.Y.) 31. Purna Matsyendrasana (A.P.M.B.) 12. Omkarasana (A.P.V.Y.) 32. Kukkutasana (A.P.M.B.) 13. Prayankasana (Y.D.) 33. Tittibhasana (A.P.M.B.) 14. Karanapidasana (A.P.M.B.) 34. Bala Garbhasana (B.Y.) 15. Sarvangasana (A.P.M.B.) 35. Purna Ushtrasana (A.P.M.B.) 16. Purna Matsyasana (H.P.) 36. Virasana (B.Y.) 17. Ugarasana (Asana W & H) 37. Padma Mayurasana (A.P.M.B.) 18. Purna Dhanurasana (A.P.M.B.) 38. Purna Shalabhasaba (A.P.- Guruji) 19. Purna Bhujangasana (A.P.M.B.) 39. Vrishchikasana (A.P.M.B.) 				

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	<p>20. Viparit Tittibhasana (A.P.& V.Y.)40. Uttithita Paschimotanasana (A.P.M.B.)</p> <p>03.Pranayama</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">1. Sheetkari (H.P.)</td> <td style="width: 50%;">5. Naddi-Shodhan(Pt. Shri ram sharma acharya)</td> </tr> <tr> <td>2. Stambhavriti (P.Y.S.)</td> <td>6. Surya Bhedan (H.P.)</td> </tr> <tr> <td>3. Chandrabhedhi (H.Y.V.)</td> <td>7. Ujjai (H.P.)</td> </tr> <tr> <td>4. Sheetali (H.P.)</td> <td>8.Bhastrika (H.P.)</td> </tr> </table> <p>04.Mudras/Bandhas</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">1. Nabhomudra (A.P.)</td> <td style="width: 50%;">6. Hast Mudra – Panchtatva, Hridaya (M.V.)</td> </tr> <tr> <td>2. Vipareetkarani (H.P.)</td> <td>7. Mahavedha (Gh.S.)</td> </tr> <tr> <td>3. Shambhavimudra (Gh.S.)</td> <td>8. Uddiyana Bandh (H.P.)</td> </tr> <tr> <td>4. Jalandhara Bandha (Gh.S.)</td> <td>9. Mahabandha (H.P.)</td> </tr> <tr> <td>5. Uddiyana Bandha (H.P.)</td> <td>10. Hast Mudra – Shankh, Surbhi, Nirvan (M.V.)</td> </tr> </table> <p>05. Shatkarmas</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">1. Dandha-Dhouti (Gh.S.)</td> <td style="width: 50%;">5. Agnisar (Gh.S.)</td> </tr> <tr> <td>2. Sheetkrama (Gh.S.)</td> <td>6. Noulli (Gh.S.)</td> </tr> <tr> <td>3. Noulli (Gh.S.)</td> <td>7. Vastra Dhouti (Gh.S.)</td> </tr> <tr> <td>4. Vyutkarma Kapalbhati (Gh.S.)</td> <td>8. Shankha Prakshalana (Gh.S.)</td> </tr> </table> <p>06. Meditation</p> <ol style="list-style-type: none"> 1. Nada Yoga (Pt. Shri Ram Sharma Acharya) 5. Preksha Meditation 2. Transcendental meditation (Mahesh Yogi)6. Cyclic Meditation (S-VYASA); 3. Om Meditation (Ch.U.)7. Savita Ki Dhyan Dharana (DSVV). 4. Vipassana Meditation 8. Yoga Nidra (BSY) <p>07. Viva-Voce:</p>	1. Sheetkari (H.P.)	5. Naddi-Shodhan(Pt. Shri ram sharma acharya)	2. Stambhavriti (P.Y.S.)	6. Surya Bhedan (H.P.)	3. Chandrabhedhi (H.Y.V.)	7. Ujjai (H.P.)	4. Sheetali (H.P.)	8.Bhastrika (H.P.)	1. Nabhomudra (A.P.)	6. Hast Mudra – Panchtatva, Hridaya (M.V.)	2. Vipareetkarani (H.P.)	7. Mahavedha (Gh.S.)	3. Shambhavimudra (Gh.S.)	8. Uddiyana Bandh (H.P.)	4. Jalandhara Bandha (Gh.S.)	9. Mahabandha (H.P.)	5. Uddiyana Bandha (H.P.)	10. Hast Mudra – Shankh, Surbhi, Nirvan (M.V.)	1. Dandha-Dhouti (Gh.S.)	5. Agnisar (Gh.S.)	2. Sheetkrama (Gh.S.)	6. Noulli (Gh.S.)	3. Noulli (Gh.S.)	7. Vastra Dhouti (Gh.S.)	4. Vyutkarma Kapalbhati (Gh.S.)	8. Shankha Prakshalana (Gh.S.)
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<p>Course Outcomes</p>	<p>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.</p>																										

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Text Books	<ol style="list-style-type: none">1. O.P. Tiwari - Asana why and how, Kaivalyadham SMYM samiti, Lonavala, 2012.2. M.L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavla.3. Swami Satyananda Saraswati - Asan, Pranayama, Mudra, Bandha, Yoga publcation trust, Munger, 2006.
Reference Books	<ol style="list-style-type: none">1. Pt. Shri Ram Sharma- Pragya Abhiyan ka Yoga Vyayam, Brahmvarchas shodh Sanshan, Shantikunj,Haridwar, 1998.2. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012.3. B.K.S. Iyengar - Light on Pranayama, Harper collins publisher, New Delhi, 2012.4. Swami Kuvlayanand - Asana, Kaivalyadham SMYM samiti, Lonavala, 1993

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Course Title	NATUROPATHY PRACTICAL-II				
Course Code	AMA01-382				
Course Credits	L	T	P	TC	
	-	-	2	1	
Prerequisites	Basic knowledge of Naturopathy and Diseases.				
Course Objectives	The objectives behind Naturopathy Practical is develop the practical knowledge of a students and increase the level of a good and well alternative therapist.				
Course Contents	<ol style="list-style-type: none"> 1. Assessment techniques for Diseases (Diagnosis) Physiological examination (Temperature, Pulse rate & B.P) General examination 2. Clinical Case History taking 3. Treatment of diseases by naturopathy. (as per theory paper) 4. Diet therapy: Diet, Precaution & Treatment Plan (chart making) of different diseases (as per theory paper) 				
Course Outcomes	The adequate knowledge of Naturopathy will provide an opportunity to make a balanced combination according to need and condition of the yoga practioner. It will develop and integrated approach for health and wellness of human being.				
Text Books	<ol style="list-style-type: none"> 1. प्राकृतिक आयुर्विज्ञान –राकेश जिन्दल 2. प्राकृतिक चिकित्सा एक समग्र उपचार पद्धति –डॉ. सरस्वती काला 3. आयुर्वेदीय प्राकृतिक चिकित्सा –राकेश जिन्दल 				
Reference Books	<ol style="list-style-type: none"> 1. चिकित्सा उपचार के विविध आयाम– पं. श्रीराम शर्मा आचार्य सम्पूर्ण वाङ्मय, खण्ड-40 2. Diet and Nutrition – Dr. Rudolf. 3. History and Philosophy of Naturopathy - Dr. S.J. Singh 				

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Course Title	Psychotherapy & Yogic-Psychotherapy practical				
Course Code	AMA01-383				
Course Credits	L	T	P	TC	
	-	-	2	1	
Prerequisites	Basic Practical knowledge of Psychotherapy Yogic-Psychotherapy.				
Course Objectives	<ul style="list-style-type: none"> ● To teach an overview of the Psychotherapy & Yogic-Psychotherapy. ● To teach the essence of the Psychotherapy & Yogic-Psychotherapy. ● To Learn the Practical Knowledge of the Psychotherapy & Yogic-Psychotherapy. 				
Course Contents	<p>Psychological Assessment of patients by Psychological Testing</p> <ul style="list-style-type: none"> ▪ Personality test (16 PF) ▪ Thematic Apperception Test ▪ Rorschach Test <p>Diagnosis & Treatment plan of the following disorders-Procedure</p> <ul style="list-style-type: none"> ● Insomnia ● Stress ● Anxiety Disorders ● Mood disorders ● Paranoia ● ADHD ● Dementia. <p>(Note: Diagnosis of a patient should be based on DSM-IV / ICD-10 criteria.)</p>				
Course Outcomes	The students will have deep understanding about the Techniques of Yogic-Psychotherapy.				

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Text Books	<ol style="list-style-type: none">1. चेतन-सुपर चेतन व अचेतन मन – पं. श्रीराम शर्मा आचार्य2. अपरिमित संभावनाओं का आगार मानवी मस्तिष्क – पं. श्रीराम शर्मा आचार्य3. Mindfulness and Psychotherapy- Christopher K. Gernoer, Ronald D. Siegel4. Systematic Survey of Indian Psychology - S.P. Srivastava5. Indian Psychology - Raghunath Sajaya
Reference Books	<ol style="list-style-type: none">1. व्यक्तित्व विकास हेतु उच्चस्तरीय साधनाएँ – पं. श्रीराम शर्मा आचार्य2. Minel & Supermind - N.C. Panda3. Positive Psychology - Alan Carr4. Psychology of Meditation - S. K. Kiran Kumar5. Meditation for Soul-realization - Master Choa kok sui6. Hansa Yoga -The Elixlrog Self-realization -Pt. Shriram Sharma Acharya

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WORD KEY

BOOKS NAME	WRITER
1. A.P.M.B.=Asana Pranayam Mudra Bandh -	Swami Satyananda
2. Asana-W & H=Asana Why & How -	Dr. O.P. Tiwari
3. Y.K=Yoga Kuvalyanand -	Swami Kuvalyanand
4. H.P=Hath Pradipika -	Swami SwatmaramSuri (Kaivalyadham)
5. Y.D.= Yoga Dipika -	B.K.S. Ayanger
6. B.Y.=Bahirang Yoga -	ParamhansYogeshwaranand
7. Gh.S.=GherandSamhita -	MaharshiGherand
8. M.V.=Mudra Vigyan -	ShriKapilDevShastri
9. K.Bh.-KarmakandBhaskar-Pt. Shri Ram Sharma Acharya	
10. G.M. =GayatriMahavigyan -	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. DevYajan -	Swami ShivanandSaraswati
17. Dharana&Dhyan -	Swami SatyanandSaraswati
18. Yoga Pratibha -	Pratibha Rani Dwivedi
19. Rudrabhishek -	Pt. Shri Ram Sharma Acharya