

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

**Faculty of Arts**



**Scheme of Teaching and Examination**

**for**

**Post Graduate Diploma in**

**Yoga & Naturopathy**

**Outcome Based Education (OBE)**

**&**

**Choice Based Credit System (CBCS)**

**(Effective from the Academic Year: 2022-23)**

# Post Graduate Diploma in Yoga & Naturopathy- I Semester



## Faculty of Arts Department of Yoga Shri Rawatpura Sarkar University, Raipur

One Year (Two Semesters) P.G. Diploma Programme  
Scheme and Syllabus of Teaching and Examination for

### Post Graduate Diploma in Yoga & Naturopathy (One Year)

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

(Effective from the session: 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		Continuo us Evaluati on	Sem End Exam	Total	
1	APD01-101	Foundation of Yoga	Core	4	-	-	4	30	70	100	3.00
2	APD01-102	Principle and Practices of Hatha Yoga	Core	4	-	-	4	30	70	100	3.00
3	APD01-103	Fundamental of Naturopathy	Core	4	-	-	4	30	70	100	3.00
4	APD01-104	Human Anatomy and Physiology	Core	4	-	-	4	30	70	100	3.00
5	APD01-141	Hygiene, Diet and Nutrition	DSE	4	-	-	4	30	70	100	3.00
	APD01-142	Marma Therapy	DSE								
6	APD01-181	Yoga Practical -I	Core	-	-	6	3	30	70	100	
7	APD01-182	Naturopathy Practical- I	Core	-	-	2	1	15	35	50	
<b>Total Contact hr per week: 28</b>				<b>20</b>		<b>8</b>	<b>24</b>			<b>650</b>	

## Post Graduate Diploma in Yoga & Naturopathy- I Semester

<b>Course Title</b>	<b>Fundamentals of Yoga</b>				
<b>Course Code</b>	APD01-101				
<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 yoga</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 Indian Philosophy; and</li> <li>● Give a brief history and the basis different 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, Maharshi Raman, Swami Dayanand Saraswati, Pt. Shriram Sharma Acharya.</p>				

## Post Graduate Diploma in Yoga & Naturopathy- I Semester

<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.
<b>Text Books</b>	<ol style="list-style-type: none"><li>1. योगऔरयोगी - डॉ. अनुजारावत</li><li>2. योगविज्ञान- स्वामीविज्ञानानंदसरस्वती</li><li>3. योगमहाविज्ञान- डॉ. कामाख्याकुमार</li><li>4. Swami Prabhavananda: Spiritual Heritage of India (English). Sri RamkrishnaMath, Madras,2004</li></ol>
<b>Reference Books</b>	<ol style="list-style-type: none"><li>1. भारतीयदर्शनकीरूपरेखा- प्रो. हरेंद्रप्रसादसिन्हा</li><li>2. Dasgupta S. N: History of Indian Philosophy, MotilalBanarsidas, Delhi,2012</li><li>3. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. MotilalBanarasidas, Delhi,2013</li><li>4. Agarwal M M: Six systems of Indian Philosophy, ChowkhambhaVidyaBhawan, varanai, 2010</li><li>5. Swami Bhuteshananda: Nararad Bhakti Sutra, AdvaitaAshrama Publication- Dept. Kolkata, II Edition,2009</li><li>6. Hiriyanna M: Outlines of Indian Philosophy, MotilalBanarsidas, Delhi,2009</li><li>7. Bhat, Krishna K.: The Power of Yoga: SuYoga Publications Mangalore,2006</li></ol>

## Post Graduate Diploma in Yoga & Naturopathy- I Semester

<b>Course Title</b>	<b>Principles and Practices of Hatha Yoga</b>				
<b>Course Code</b>	APD01-102				
<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 yoga and its 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 and principles of Hathayoga.</li> <li>• To give an understanding of the prerequisites of Hathayoga</li> <li>• To introduce essential Hatha Yogic texts.</li> </ul>				
<b>Course Contents</b>	<p><b>UNIT-I</b>  <b>Hatha Yoga Its Philosophy and Hatha Yoga Texts</b>  The Origin of Hatha Yoga,, its meaning, definition, aims &amp; objectives, Introduction to Basic Hatha Yoga Texts: Hatha Pradeepika, GherandaSamhita, Hatha Rathnavali, Shiva SamhitaSiddhasiddhantapaddhati, Yoga Beeja, GorakshaSamhita and VashishthaSamhita.</p> <p><b>UNIT-II</b>  <b>Rules and regulation for Hath Yoga Sadhak</b>  Sadhak and Badhaktatwa 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 DashaNiyama).</p> <p><b>UNIT-III</b>  <b>Hatha Yoga Practices: Shodhana-Kriyas and Asanas</b>  Shodhana-kriyas in Hatha Pradeepika, Hatharatnavali, GherandaSamhita&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</b>  <b>Hatha Yogic Practices: Pranayama, Bandhas and Mudras</b>  Pranayama –The concept of Prana, Kinds of Prana and Upa-pranas, Pre-requisites of Pranayama; Nadishodhana Pranayama, its technique and importance, Pranayama practices in Hathapradeepika, HatharatnavaliandGherandaSamhita, their techniques</p>				

## Post Graduate Diploma in Yoga & Naturopathy- I Semester

	<p>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</b></p> <p><b>Hathayoga Practices: Pratyahara&amp;Nadanusandhana</b></p> <p>Concept of Pratyahara, and Dhyana in GherandaSamhita 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>
<b>Course Outcomes</b>	<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>
<b>Text Books</b>	<ol style="list-style-type: none"><li>1. हठप्रदीपिका- स्वात्मारामकृत, स्वामीदिगंबरजी</li><li>2. हठप्रदीपिका ज्योत्स्ना-स्वामीमहेशानंदकेवल्यधाम</li><li>3. घेरण्डसंहितास्वामीनिरंजनानंदसरस्वती</li><li>4. वशिष्ठसंहिता (योगकांड)-कैवल्यधाम</li><li>5. Yogapradipika– B.K.S. Iyengar</li><li>6. GorakhSamhita– GorakhnathMandeer, Gorakhpur</li></ol>
<b>Reference Books</b>	<ol style="list-style-type: none"><li>1. साधनापद्धतियोंकाज्ञानविज्ञान- पं. श्रीरामशर्माआचार्य</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- Theasophical Society.</li></ol>

## Post Graduate Diploma in Yoga & Naturopathy- I Semester

<b>Course Title</b>	<b>FUNDAMENTALS OF NATUROPATHY</b>				
<b>Course Code</b>	APD01-103				
<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 five elements and Naturopathy.</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 Naturopathy.</li> <li>• To explain the concept of nature cure.</li> <li>• Providing knowledge about techniques of naturopathy.</li> </ul>				
<b>Course Contents</b>	<p><b>UNIT-I</b></p> <p><b>Introduction</b></p> <p>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</b></p> <p><b>Mud Therapy &amp; Chromo Therapy:</b></p> <p>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</b></p> <p><b>Hydrotherapy</b></p> <p>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</b></p> <p><b>Fasting &amp; Diet Therapy:</b></p>				

## Post Graduate Diploma in Yoga & Naturopathy- I Semester

	<p>Aakash tatwa chikitsa- Introduction, importance of Aakashtatwa, Definitions of fasting, Difference between Fasting &amp; Starvation.Types of Fasting (Complete Fast, 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</b></p> <p><b>Air Therapy</b></p> <p>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, friction, kneading, wringing, chucking, vibration, percussion. Effects of Massage on different body system.</p>
<p><b>Course Outcomes</b></p>	<p>Students will learn importance and benefits of naturopathy.</p>
<p><b>Text Books</b></p>	<ol style="list-style-type: none"> <li>1. प्राकृतिक चिकित्सा एक समग्र उपचार पद्धति—डॉ. सरस्वतीकाला</li> <li>2. प्राकृतिक आयुर्विज्ञान—डॉ. राकेशजिन्दल</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>
<p><b>Reference Books</b></p>	<ol style="list-style-type: none"> <li>1.जीवेम शरदः शतम— पं. श्रीराम शर्माआचार्यसम्पूर्ण वाङ्मय, खण्ड— 41</li> <li>2.आहार और स्वास्थ्य —डॉ. हीरालाल</li> <li>3.रोगों की सरल चिकित्सा—विट्ठलदास मोदी</li> <li>4.आयुर्वेदीय प्राकृतिकचिकित्सा—डॉ. राकेशजिन्दल</li> <li>5.चिकित्साउपचार के विविध आयाम— पं. श्रीराम शर्माआचार्यसम्पूर्ण वाङ्मय, खण्ड—40</li> <li>6.Diet and Nutrition - Dr. Rudolf</li> </ol>



## Post Graduate Diploma in Yoga & Naturopathy- I Semester

<b>Course Title</b>	<b>HUMAN ANATOMY &amp; PHYSIOLOGY</b>				
<b>Course Code</b>	APD01-104				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	<b>3</b>	<b>1</b>	<b>-</b>	<b>4</b>	
<b>Prerequisites</b>	Basic knowledge of Human Body.				
<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</b></p> <p><b>General Introduction of Human Body:</b></p> <p>Cell &amp; its Components: Nucleus, cell membrane and cytoplasm. Tissues: Types, Structure &amp; Function. Body Systems.</p> <p><b>Musculo-skeletal System:</b></p> <p>Anatomy – Axial and appendicular. Skeleton and Joints. Muscles – Types, Physiology of muscle Contraction, Muscle tone &amp; Muscle fatigue. Effect of Yogic Practices on Muscles. Joints- Different types of Joints.</p> <p><b>UNIT-II</b></p> <p><b>Gastrointestinal System:</b></p> <p>Anatomy of the Gastrointestinal System: Oral Cavity, Esophagus, Stomach, Duodenum, Jejunum, Ileum, Colon, Appendix, Sigmoid and Rectum, Liver, all. Bladder, Salivary Glands, &amp; Pancreas. Physiology of Digestion, Absorption, Assimilation &amp; Ejection. Digestion of food: Enzymes, Carbohydrates, Proteins, Fats, Fibre &amp; Role of Colonic bacteria. Effect of Yogic Practices on Gastrointestinal System.</p> <p><b>The Excretory System</b></p> <p>Kidney, Urinary Bladder, Urine Volume, Composition of Urine. Structure of Kidney: The Nephron, Bowman's Capsule, Proximal convoluted tubule, Distal convoluted tubule &amp; loops of Henle. Functions of Kidney: Excretion of wastes product. Effect</p>				

## Post Graduate Diploma in Yoga & Naturopathy- I Semester

	<p>of Yogic Practices on Excretory systems.</p> <p><b>UNIT-III</b></p> <p><b>Respiratory System:</b></p> <p>Structure &amp; Functions of respiratory organs. Transport of Gases &amp; Control and regulation of respiration. Effect of Yogic Practices on Respiratory systems.</p> <p><b>Cardiovascular System:</b></p> <p>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.Effect of Yogic Techniques on Cardiovascular system.</p> <p><b>UNIT-IV</b></p> <p><b>Nervous System and Endocrine System:</b></p> <p>Major division of Nervous System.The Brain: Its part and their structure: Cerebrum, cerebellum, Midbrain, pons, Medulla oblongata. Structure &amp; function of The spinal cord. Peripheral nerves. Thalamus &amp; Hypothalamus. The Autonomic System: Parasympathetic &amp; Sympathetic Nervous System.Effect of Yoga on Nervous system.Endocrine System: Major Endocrine glands and their Hormones.Effect of Yogic Practices on major endocrine glands.</p> <p><b>UNIT-V</b></p> <p><b>Immunology:</b></p> <p>Immunity: types of immunoglobulin, Formation of antibodies, Organs of Immune system, &amp; Cell mediated immunity.Immunity against Viral, Bacterial,&amp;Protozoal infections.Immunity: HLA system (MHC)</p> <p><b>The Reproductive System</b></p> <p>The male reproductive organs. The female reproductive organ. Menstrual cycle Method of Contraception. Gonadal Hormones. Physiology of Pregnancy</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 क्रियाविज्ञान- वी. कुमार</li> <li>2. मानव शरीर रचना और क्रियाविज्ञान- डॉ. अनंतप्रकाशगुप्ता</li> <li>3. Anatomy &amp; Physiology &amp; Yogic Practices: Dr. M.L. Gharote and Prof. S.K.</li> </ol>

## Post Graduate Diploma in Yoga & Naturopathy- I Semester

	<p>Ganguly</p> <p>4. M.M. Gore: Anatomy and Physiology of Yogic Practices,</p> <p>5. H.D. Coulter: Anatomy of Hatha Yoga, Delhi, India, MotilalBanarasidas</p> <p>V. Kumar:Manav Sharir Samrachna aur kriyaVijyan. New Delhi India, Japee Brothers Medical Pulbisher dP.Ltd.</p>
<b>Reference Books</b>	<p>1.योगासन और शरीरविज्ञान- डॉ. राधेश्यामशर्मा</p> <p>2.Gore, M.M.: Anatomy and Physiology of Yogic practices (KanchanPrakshan, Lonavala, 2003)</p> <p>3. Shirley Telles: A Glimpse of the Human body. (V K YOGAS, Bangalore, 1995)</p> <p>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)</p>

## Post Graduate Diploma in Yoga & Naturopathy- I Semester

<b>Course Title</b>	<b>HUMAN ANATOMY &amp; PHYSIOLOGY</b>				
<b>Course Code</b>	APD01-104				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	<b>3</b>	<b>1</b>	<b>-</b>	<b>4</b>	
<b>Prerequisites</b>	Basic knowledge of Human Body.				
<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</b></p> <p><b>General Introduction of Human Body:</b></p> <p>Cell &amp; its Components: Nucleus, cell membrane and cytoplasm. Tissues: Types, Structure &amp; Function. Body Systems.</p> <p><b>Musculo-skeletal System:</b></p> <p>Anatomy – Axial and appendicular. Skeleton and Joints. Muscles – Types, Physiology of muscle Contraction, Muscle tone &amp; Muscle fatigue. Effect of Yogic Practices on Muscles. Joints- Different types of Joints.</p> <p><b>UNIT-II</b></p> <p><b>Gastrointestinal System:</b></p> <p>Anatomy of the Gastrointestinal System: Oral Cavity, Esophagus, Stomach, Duodenum, Jejunum, Ileum, Colon, Appendix, Sigmoid and Rectum, Liver, all. Bladder, Salivary Glands, &amp; Pancreas. Physiology of Digestion, Absorption, Assimilation &amp; Ejection. Digestion of food: Enzymes, Carbohydrates, Proteins, Fats, Fibre &amp; Role of Colonic bacteria. Effect of Yogic Practices on Gastrointestinal System.</p> <p><b>The Excretory System</b></p> <p>Kidney, Urinary Bladder, Urine Volume, Composition of Urine. Structure of Kidney: The Nephron, Bowman's Capsule, Proximal convoluted tubule, Distal convoluted tubule &amp; loops of Henley. Functions of Kidney: Excretion of wastes product. Effect</p>				

## Post Graduate Diploma in Yoga & Naturopathy- I Semester

	<p>of Yogic Practices on Excretory systems.</p> <p><b>UNIT-III</b></p> <p><b>Respiratory System:</b></p> <p>Structure &amp; Functions of respiratory organs. Transport of Gases &amp; Control and regulation of respiration. Effect of Yogic Practices on Respiratory systems.</p> <p><b>Cardiovascular System:</b></p> <p>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.Effect of Yogic Techniques on Cardiovascular system.</p> <p><b>UNIT-IV</b></p> <p><b>Nervous System and Endocrine System:</b></p> <p>Major division of Nervous System.The Brain: Its part and their structure: Cerebrum, cerebellum, Midbrain, pons, Medulla oblongata. Structure &amp; function of The spinal cord. Peripheral nerves. Thalamus &amp; Hypothalamus. The Autonomic System: Parasympathetic &amp; Sympathetic Nervous System.Effect of Yoga on Nervous system.Endocrine System: Major Endocrine glands and their Hormones.Effect of Yogic Practices on major endocrine glands.</p> <p><b>UNIT-V</b></p> <p><b>Immunology:</b></p> <p>Immunity: types of immunoglobulin, Formation of antibodies, Organs of Immune system, &amp; Cell mediated immunity.Immunity against Viral, Bacterial,&amp;Protozoal infections.Immunity: HLA system (MHC)</p> <p><b>The Reproductive System</b></p> <p>The male reproductive organs. The female reproductive organ. Menstrual cycle Method of Contraception. Gonadal Hormones. Physiology of Pregnancy</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>	<p>6. मानव शरीर संरचना और क्रियाविज्ञान- वी. कुमार 7. मानव शरीर रचना और क्रियाविज्ञान- डॉ. अनंतप्रकाशगुप्ता 8. Anatomy &amp; Physiology &amp; Yogic Practices: Dr. M.L. Gharote and Prof. S.K.</p>

## Post Graduate Diploma in Yoga & Naturopathy- I Semester

	<p>Ganguly</p> <p>9. M.M. Gore: Anatomy and Physiology of Yogic Practices,</p> <p>10. H.D. Coulter: Anatomy of Hatha Yoga, Delhi, India, MotilalBanarasidas</p> <p>V. Kumar:Manav Sharir Samrachna aur kriyaVijyan. New Delhi India, Japee Brothers Medical Pulbisher dP.Ltd.</p>
<b>Reference Books</b>	<p>1.योगासन और शरीरविज्ञान- डॉ. राधेश्यामशर्मा</p> <p>2.Gore, M.M.: Anatomy and Physiology of Yogic practices (KanchanPrakshan, Lonavala, 2003)</p> <p>3. Shirley Telles: A Glimpse of the Human body. (V K YOGAS, Bangalore, 1995)</p> <p>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)</p>

## Post Graduate Diploma in Yoga & Naturopathy- I Semester

<b>Course Title</b>	<b>Marma Therapy</b>				
<b>Course Code</b>	APD01-142				
<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 Marma Therapy.</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 Marma Therapy</li> <li>• To explain the concept of Marma therapy.</li> <li>• Providing knowledge about treatment of different disease through Marma therapy.</li> </ul>				
<b>Course Contents</b>	<p><b>UNIT-I: Basic Introduction &amp; History-</b></p> <p>Basic foundation of science of Marma therapy. -Introduction of Marma therapy &amp; historical background. -Science of Marma therapy in Vedas. -Ethical norms for Marma Scientists. -Importance of Marma knowledge.</p> <p><b>UNIT-II: Ayurveda Anatomy &amp; Physiology –</b></p> <p>Ayurveda anatomy – Size &amp; numbers of body organs &amp; body structures. -Body size description: Whole length &amp; breadth of body (Finger size calculate according to Acharya Charak &amp; Acharya Sushrut). -Significance of finger calculation. - Calculation of body organs &amp; their physiology.</p> <p><b>UNIT – III Basic Introduction -Origin &amp; definition of word 'Marma'. –</b></p> <p>Shape &amp; size of Marmas &amp; total Marmas calculation. -Type of Marmas (According to structure &amp; function). -Size of Marmas. -Marmas of Supra clavicle region , Marmas of upper &amp; lower limbs, Marmas of abdominal region, Marmas of back. -Description of important vital points.</p> <p><b>UNIT – IV Marma Therapy &amp; Yoga –</b></p> <p>Science of Yoga&amp; Marmas. -Effects of Yogasanas &amp;Pranayama on Marmas. - Physiological effects of Marma therapy. -Six chakras &amp; Marmas. -Self-help in Marma therapy.</p> <p><b>UNIT – V Description, -Description of Marma therapy –</b></p> <p>Indication Contradictions &amp; Precaution Duration in hrs., Way, Frequency. -Marma trauma – Clinical features &amp; Treatment. -Precautions during Marma therapy. -</p>				

## Post Graduate Diploma in Yoga & Naturopathy- I Semester

	Pregnancy & Marma treatment. -Geriatrics problems & Marma therapy. -Life style disorders (Diabetes, Obesity, Hypertension, Osteoarthritis, Hyperacidity etc.) and their Marma treatment.
<b>Course Outcomes</b>	The students will have scientific knowledge of different disorders and will know its management through Marma Therapy.
<b>Text Books</b>	<ol style="list-style-type: none"><li>1. मर्म विज्ञानं एवं मर्म चिकित्सा. डॉ सुनील कुमार जोशी</li><li>2. सुश्रुत संहिता. शारीर स्थान. मोतीलाल बनारसीदास दिल्ली</li><li>3. वाग्भट्ट संहिता . शारीर स्थान. मोतीलाल बनारसीदास दिल्ली</li></ol>
<b>Reference Books</b>	<ol style="list-style-type: none"><li>1. Marma science and principles of marma therapy Dr. Sunil Kumar Joshi</li><li>2. A Text Book of Marma Vigyan-</li><li>3. Ayurveda and Marma Therapy: Energy Points in Yogic Healing- by Avinash Lele, David Frawley, and Subhash Ranade</li></ol>



## Post Graduate Diploma in Yoga & Naturopathy- I Semester

<b>Course Title</b>	<b>Marma Therapy</b>				
<b>Course Code</b>	APD01-142				
<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 Marma Therapy.</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 Marma Therapy</li> <li>• To explain the concept of Marma therapy.</li> <li>• Providing knowledge about treatment of different disease through Marma therapy.</li> </ul>				
<b>Course Contents</b>	<p><b>UNIT-I: Basic Introduction &amp; History-</b></p> <p>Basic foundation of science of Marma therapy. -Introduction of Marma therapy &amp; historical background. -Science of Marma therapy in Vedas. -Ethical norms for Marma Scientists. -Importance of Marma knowledge.</p> <p><b>UNIT-II: Ayurveda Anatomy &amp; Physiology –</b></p> <p>Ayurveda anatomy – Size &amp; numbers of body organs &amp; body structures. -Body size description: Whole length &amp; breadth of body (Finger size calculate according to Acharya Charak &amp; Acharya Sushrut). -Significance of finger calculation. - Calculation of body organs &amp; their physiology.</p> <p><b>UNIT – III Basic Introduction -Origin &amp; definition of word 'Marma'. –</b></p> <p>Shape &amp; size of Marmas &amp; total Marmas calculation. -Type of Marmas (According to structure &amp; function). -Size of Marmas. -Marmas of Supra clavicle region , Marmas of upper &amp; lower limbs, Marmas of abdominal region, Marmas of back. -Description of important vital points.</p> <p><b>UNIT – IV Marma Therapy &amp; Yoga –</b></p> <p>Science of Yoga&amp; Marmas. -Effects of Yogasanas &amp;Pranayama on Marmas. - Physiological effects of Marma therapy. -Six chakras &amp; Marmas. -Self-help in Marma therapy.</p> <p><b>UNIT – V Description, -Description of Marma therapy –</b></p> <p>Indication Contradictions &amp; Precaution Duration in hrs., Way, Frequency. -Marma trauma – Clinical features &amp; Treatment. -Precautions during Marma therapy. -</p>				

## Post Graduate Diploma in Yoga & Naturopathy- I Semester

	Pregnancy & Marma treatment. -Geriatrics problems & Marma therapy. -Life style disorders (Diabetes, Obesity, Hypertension, Osteoarthritis, Hyperacidity etc.) and their Marma treatment.
<b>Course Outcomes</b>	The students will have scientific knowledge of different disorders and will know its management through Marma Therapy.
<b>Text Books</b>	4. मर्म विज्ञानं एवं मर्म चिकित्सा. डॉ सुनील कुमार जोशी 5. सुश्रुत संहिता. शारीर स्थान. मोतीलाल बनारसीदास दिल्ली 6. वाग्भट्ट संहिता . शारीर स्थान. मोतीलाल बनारसीदास दिल्ली
<b>Reference Books</b>	4. Marma science and principles of marma therapy Dr. Sunil Kumar Joshi 5. A Text Book of Marma Vigyan- 6. Ayurveda and Marma Therapy: Energy Points in Yogic Healing- by Avinash Lele, David Frawley, and Subhash Ranade

## Post Graduate Diploma in Yoga & Naturopathy- I Semester

<b>Course Title</b>	<b>YOGA PRACTICAL- I</b>																														
<b>Course Code</b>	APD01-181																														
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>																											
	-	-	6	3																											
<b>Prerequisites</b>	<b>Basic practice of Yoga and exercise.</b>																														
<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. Starting Practice</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">1. PawanMuktasana Part-1, 2 &amp; 3,</td> <td style="width: 50%;">4.Tiryak Tadasana (A.P.M.B.)</td> </tr> <tr> <td>2. Marjariasana (A.P.M.B.),</td> <td>5.Kati Chakrasana(A.P.M.B.)</td> </tr> <tr> <td>3.Tadasana (Asana - W &amp; H),</td> <td></td> </tr> <tr> <td>    1. Surya Namaskara (A.P.M.B.)</td> <td></td> </tr> <tr> <td>    2. Padmasana (H.P.)</td> <td></td> </tr> <tr> <td>    3. Ushtrasana( Gh.S. )</td> <td></td> </tr> <tr> <td>    4. Uttakatasana (Gh.S.)</td> <td></td> </tr> <tr> <td>    5. JannuShirasana (A.P.M.B.)</td> <td></td> </tr> <tr> <td>    6. Goumukhasana (H.P.)</td> <td></td> </tr> <tr> <td>    7. Vakrasana (Y.K.)</td> <td></td> </tr> <tr> <td>    8. Noukasana (Asana W &amp; H)</td> <td></td> </tr> <tr> <td>    9. PawanMuktasana (A.P.M.B.)</td> <td></td> </tr> <tr> <td>    10. Mandukasana (H.P.)</td> <td></td> </tr> </table> <p>Shawasan (H.P.)</p>					1. PawanMuktasana Part-1, 2 & 3,	4.Tiryak Tadasana (A.P.M.B.)	2. Marjariasana (A.P.M.B.),	5.Kati Chakrasana(A.P.M.B.)	3.Tadasana (Asana - W & H),		1. Surya Namaskara (A.P.M.B.)		2. Padmasana (H.P.)		3. Ushtrasana( Gh.S. )		4. Uttakatasana (Gh.S.)		5. JannuShirasana (A.P.M.B.)		6. Goumukhasana (H.P.)		7. Vakrasana (Y.K.)		8. Noukasana (Asana W & H)		9. PawanMuktasana (A.P.M.B.)		10. Mandukasana (H.P.)	
1. PawanMuktasana Part-1, 2 & 3,	4.Tiryak Tadasana (A.P.M.B.)																														
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## Post Graduate Diploma in Yoga & Naturopathy- I Semester

	<p><b>04. Pranayama Practice:</b></p> <ul 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. anulome Vilome (H.P.)</li> <li>d. Nadishodhan (G.M.)</li> </ul> <p><b>Meditations:</b></p> <ul style="list-style-type: none"> <li>▪ Soham Dhyana - ( Dharana&amp;Dhyan)</li> <li>▪ Om Dhayan - ( Dharana&amp;Dhyan)</li> </ul> <p><b>Mudras &amp; Bandhas:</b></p> <ul style="list-style-type: none"> <li>▪ Moolbandha (H.P.)</li> <li>▪ Jalandhara Bandha (H.P.)</li> <li>▪ Kakimudra (Gh.S.)</li> <li>▪ Ashwinimudra (Gh.S.)</li> <li>▪ Hastmudra-Gyan, Ling, Panchtatva Mudra (M.V.)</li> </ul> <p><b>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>
<p><b>Course Outcomes</b></p>	<p>A scientific and well-mannered yogic practice based on classical text as well as contemporary trends will provide healthy life and philosophy of yoga.</p>
<p><b>Text Books</b></p>	<ol style="list-style-type: none"> <li>1. स्वामीसत्यानंदसरस्वती - आसन, प्राणायाम, मुद्रा, बंध, मुंगेरfcgkj, 2007.</li> <li>2. O.P. Tiwari - Asana why and how, Kaivalyadham SMYM samiti, Lonavala, 2012.</li> <li>3. M_L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavla.</li> </ol>
<p><b>Reference Books</b></p>	<ol style="list-style-type: none"> <li>1. पं.श्रीरामशर्माvkpk;Z&amp;प्रज्ञाअभियानकायोगव्ययाम,ब्रह्मवर्चसशोधlaLFkku,शांतिकुंज,हरिद्वार, 1998.</li> <li>2. Swami SatyanandaSaraswati - Asan, Pranayama, Mudra, Bandha, Yoga publication trust, Munger,2006.</li> <li>3. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012.</li> <li>4. B.K.S. Iyengar - Light on Pranayama, Harper collins publisher, New Delhi, 2012.</li> </ol>

## Post Graduate Diploma in Yoga & Naturopathy- I Semester

	<p><b>5.</b> Swami Kuvlayanand - Asana, Kaivalyadham SMYM samiti, Lonavala, 1993</p>
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## Post Graduate Diploma in Yoga & Naturopathy- I Semester

<b>Course Title</b>	<b>NATUROPATHY PRACTICAL-I</b>				
<b>Course Code</b>	<b>APD01-182</b>				
<b>Course Credits</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>TC</b>	
	-	-	4	2	
<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 their Principles.</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, Cold 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>2. <b>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; Thermolumine.</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. प्राकृतिकआयुर्विज्ञान—डॉ. राकेशजिन्दल</li> <li>2. प्राकृतिकचिकित्सा एक समग्रउपचार पद्धति—डॉ. सरस्वतीकाला</li> <li>3. The Practice of Nature Cure - Dr. Henry Lindlhar</li> </ol>				

## Post Graduate Diploma in Yoga & Naturopathy- I Semester

<b>Reference Books</b>	1. चिकित्साउपचार के विविध आयाम- पं. श्रीराम शर्माआचार्यसम्पूर्ण वाङ्मय, खण्ड-40 2. जीवेम शरदः शतम- पं. श्रीराम शर्माआचार्यसम्पूर्ण वाङ्मय, खण्ड- 41
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### 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