

**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-II 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- II

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	APD01-201	Patanjal Yoga Sutra	Core	4	-	-	4	30	70	100	3.00
2	APD01-202	Bhagvadgeeta, Sankhyakarika and Yogavasistha	Core	4	-	-	4	30	70	100	3.00
3	APD01-203	Yoga Therapy	Core	4	-	-	4	30	70	100	3.00
4	APD01-204	Management of Common Disorder's Through Naturopathy	Core	4	-	-	4	30	70	100	3.00
5	APD01-241	Alternative Therapy	DSE	4	-	-	4	30	70	100	3.00
	APD01-241	Methods of Teaching Yoga and Value Education									
6	APD01-281	Yoga Practical-II	Core Pr	-	-	6	3	30	70	100	
7	APD01-282	Naturopathy Practical-II	Core Pr	-	-	2	1	15	35	50	
Total Contact hr per week: 28				20	-	8	24			650	

Post Graduate Diploma in Yoga & Naturopathy-II Semester

Course Title	PATANJAL YOGA SUTRA				
Course Code	APD01-201				
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 Yoga Darshan, • To teach the essence of the PatanjaliYogasutras, • To discuss Patanjali Yoga Sutra in terms ofPsychology. 				
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&Upaypratyaya. 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> <p>UNIT-IV Concept of Samadhi &Vibhuti 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, VivekakhyaatiNirupanam, KaivalyaNirvachana.</p> <p>UNIT-V Holistic Health in the Yoga Sutras 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 – करमबेलकर 2. योगदर्शन- गीताप्रेसगोरखपुर 3. Lights on Yoga Sutra - B.K.S Iyenger 				
Reference Books	<ol style="list-style-type: none"> 1. पातंजलयोगसूत्रयोगदर्शन - नन्दलालदशोरा 2. 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 				

Post Graduate Diploma in Yoga & Naturopathy-II Semester

Course Title	Bhagvadgeeta, Sankhyakarika and Yogavasistha				
Course Code	APD01-202				
Course Credits	L	T	P	TC	
	4	-	-	4	
Prerequisites	Basic knowledge of Bhagvadgeeta, Sankhyakarika and Yogavasistha.				
Course Objectives	The teaching-learning of this paper will enable learner to- Understand and discuss Shrimadbhagvad Geeta, Sankhya-Karika & Yoga Vashishatha as basic philosophical and theoretical foundations of Yoga.				
Course Contents	<p>Unit-1 Bhagvadgeeta-I Bhagvadgeeta: Introduction and brief historical outline and it's commentaries (charya shankar, sant Gyaneshvar, Lahiri Mahashaya , Aurobindo , Mahatma Gandhi , Bal Gangadhar tilak) Definition of Yoga , it's relevance and scope , Relevance of Bhagvadgeeta in Present scenario.</p> <p>Unit – II Bhagvadgeeta-II Nature of Atma, Stithaprajna, Samkhya yoga (ch,2), Theory of Karma, importance of karma, Loksamgraha (ch 3) , Types of karma, concept of yogis, Importance of yajna (ch 4) , Characteristics, Diet and Lifestyle, Some ways of Purification (ch 6), Vibhuti of god (ch 10), Bhakti yoga (ch 12) .</p> <p>Unit III Bhagvadgeeta-III Field and knower of field (ch 13), Qualities of Trigunas, Means of god realization (ch 14) The divine and Demoniolol properties (ch15), Discussion of faith, types of food (ch 16), Mokshsamnyasa yoga (ch 17).</p> <p>Unit IV Sankhyakarika General introduction and historical evolution, Trilogly of dukhas and their complete removal (karika -1,2). Characteristics of vykta,avykta and jna (karika-2) , prakriti and vikriti (karika-3), satkaryavad (karika-9,10), two types of creation (bhootsarga and pratyaysarga) (karika-46-54)</p> <p>UNIT V Yoga Vasishtha General introduction, Highlights of Yoga Vasishtha, concept of adhi and vyadhi (nirvana prakaran purvardhsarg-81), Four step of liberation (mumukshu prakaran,sarg 13-16) , practices to overcome the impediments of yoga, Development of satvaguna, Eight limbs of Meditation , Janan Saptabhumika (utpati prakran , sarg 118)</p>				
Course Outcomes	The students will have deep and pioneer vision and wisdom of ancient yogic techniques, terminology and transcendental experience of self.				
Text Books	<ol style="list-style-type: none"> 1. श्रीमद्भगवद्गीता-गीताप्रेस 2. योगवशिष्ट- गीताप्रेस 3. सांख्यकारिका: आचार्य जगन्नाथ शास्त्री 4. सांख्यकारिका डॉ विनायक वामन 5. Bhagvadgeeta (Sadhak Sanjivani)- Swami Ramsukh Das ji 				
Reference Books	<ol style="list-style-type: none"> 1. योगाङ्क- गीताप्रेस 2. सांख्यकारिका आचार्य सीताराम शास्त्री 3. Sankhyakarika- Swami Virupakshanand 				

Post Graduate Diploma in Yoga & Naturopathy-II Semester

Course Title	YOGA THERAPY				
Course Code	APD01-205				
Course Credits	L	T	P	TC	
	4	-	-	4	
Prerequisites	Basic knowledge of yoga limbs and disease.				
Course Objectives	Yoga therapy is a type of therapy that uses yoga postures, breathing exercises, meditation, and guided imagery to improve mental and physical health. The holistic focus of yoga therapy encourages the integration of mind, body, and spirit. Modern yoga therapy covers a broad range of therapeutic modalities, incorporating elements from both physical therapy and psychotherapy				
Course Contents	<p>UNIT-I Introduction: Meaning & definition of Health, Meaning & definition of disease, Different concept of Health & Disease. Importance of Health in Human life, Concept of Holistic Health, Components of Health, Characteristics of healthy person, Factors affecting Health.</p> <p>UNIT-II Therapy: Therapy- meaning and classification. Yoga Therapy- definition & Concept. Principles of Yoga Therapy. Limitations of Yoga Therapy, Rules to be followed by the therapist, Rules to be followed by Patient, Patient – Therapist relationship</p> <p>UNIT-III Yoga for: Children, Adolescence, Adult, Old Age, Corporate person, Academicians, Security Personnel's, Health Workers, Workers and Peasants, physically challenged (Divyang) persons, Rehabilitation, Sports and Adventure Women's Pre-natal and post-natal Yoga.</p> <p>UNIT-IV Yogic management of following diseases: Indigestion, Diarrhea, Irritable Bowel Syndrome (IBS), Hyper acidity, Constipation, Piles Heart disease, High & low Blood Pressure, Asthma and Bronchitis, Sinusitis, Diabetes, Obesity, Thyroid disorders, Jaundice, Typhoid Fever, Sexually Transmitted Diseases (STD) and Acquired Immuno- Deficiency Syndromes (AIDS).</p> <p>UNIT-V Yogic management of following diseases: Arthritis, Spondylitis, Frozen shoulder, Sciatica & Back pain, Hernia, Menstrual disorders and Urinary Tract Infection (UTI), Leukorrhea, Poly cystic Ovarian syndrome (PCOD), Headache & Migraine, Epilepsy, Stress, Anxiety, Depression, Post-Traumatic Stress disorder (PTSD), Insomnia.</p>				
Course Outcomes	The students will have scientific knowledge of different disorders and will know its therapy through yogic practices.				
Text Books	<ol style="list-style-type: none"> 1. योग और रोग - स्वामी मुक्तानंद 2. योगचिकित्साके सिद्धान्त- डॉ. सरस्वती काला, ड्रोलिया पुस्तक भंडार 3. योगचिकित्सासंदर्शिका- डॉ. कामाख्या कुमार 4. Anatomy & Physiology of Yogic Practices- M. M. Gore 5. Disease & Yoga- Swami Karmananda 				
Reference Books	<ol style="list-style-type: none"> 1. नवयोगिनीतंत्र: महिलाओकेलिए योग - साधनापद्धति- स्वामी मुक्तानंद 2. बच्चोंके लिए योग शिक्षा भाग- १, २- स्वामी सत्यानंद सरस्वती 3. Yoga & Arthritis- Dr. Nagendra 4. Yoga for Hypertension- Dr. Swami Shankardevanand 				

Post Graduate Diploma in Yoga & Naturopathy-II Semester

Course Title	Management of Common Disorders Through Naturopathy				
Course Code	APD01-206				
Course Credits	L	T	P	TC	
	4	-	-	4	
Prerequisites	Basic knowledge of Naturopathy and Disease Management through Naturopathy .				
Course Objectives	The teaching-learning of this paper will enable learner to treatment of various disorders through naturopathy.				
Course Contents	<p>UNIT-I Naturopathic management of following diseases:</p> <p>Glaucoma and cataract, Common cold, Tonsillitis, Eczema, Sunburn, Toothache, Pieria</p> <p>UNIT-II Naturopathic management of following diseases:</p> <p>Diabetes, Obesity, Hernia, Acquired Immuno- Deficiency Syndromes (AIDS), Edema, fever, Typhoid Fever Malaria.</p> <p>UNIT-III Naturopathic treatment of following diseases:</p> <p>Arthritis, Spondylitis, Sciatica & Back pain, Hyper acidity & Ulcer, Indigestion, Constipation, Colitis, Piles, Diarrhea, Irritable Bowel Syndrome (IBS),</p> <p>UNIT-IV Naturopathic treatment of following diseases:</p> <p>Thyroid disorders, Jaundice, Anemia, High & low Blood Pressure, Varicose Veins, Menstrual disorders, Sexually Transmitted Diseases (STD) and Urinary Tract Infection (UTI), Leukorrhea, Poly cystic Ovarian syndrome (PCOD),</p> <p>UNIT-V Naturopathic management of following diseases:</p> <p>Headache , Stress, Anxiety, Depression, Insomnia, Asthma, Bronchitis, Sinusitis,</p>				
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 				

Post Graduate Diploma in Yoga & Naturopathy-II Semester

Course Title	ALTERNATIVE THERAPY				
Course Code	APD01-203				
Course Credits	L	T	P	TC	
	4	-	-	4	
Prerequisites	Basic Knowledge of Five elements.				
Course Objectives	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> • Give an introduction of Alternative therapy. • Treatment of Various diseases by alternative therapy. 				
Course Contents	<p>UNIT-I Introduction: Meaning of Alternative Therapies & its importance. General introduction to following alternative Therapies- Naturopathy – Unani, Acupuncture -Acupressure, Sujok- Yajya therapy, Pranic healing- Marma therapy, Aroma - Mantra therapy</p> <p>UNIT-II Acupressure Meaning & Definition of acupressure. Important elements of acupressure Jimi, Roller, Magic ball. Acupressure therapy of following Ailments: Diabetes, Constipation, Blood Pressure, Backache, Arthritis & Asthma.</p> <p>UNIT-III PranicHealing-1 Pranic Healing and its importance, Basic Chakras, Principle of Pranic Healing, Process of Pranic Healing.</p> <p>UNIT-IV PranicHealing-2 Pranic Healing of following diseases :Digestive disorder, Cardiac disorders, Urinary disorders, Nervous disorders, Endocrinal disorders.</p> <p>UNIT- V Yajya, Marma and Mantra Therapy Introduction of Yajya, wide area of Yajya, the concept and method of yajya therapy. Yajya therapy and disease treatment. Mantra therapy nature and effect, type of mantra, disease treatment by various mantras. Marma therapy: Introduction, Concept, Scope, and limitations. Information of main Marma Points. Marma therapy of physical and mental diseases. Self-Marma Therapy.</p>				
Course Outcomes	Students will learn importance and benefits of Alternative Therapy and how to treat disease by it.				
Text Books	<ol style="list-style-type: none"> 1. एक्यूप्रेसर-डॉ. अत्तर सिंह 2. एक्यूप्रेसर-डॉ. एल. एन. कोठारी 3. एक्यूप्रेसर के द्वारा आप ही अपने डॉक्टर-डॉ. धीरेनगाला 4- Advanced Pranic Healing - Master ChoaKok Sui 5- Pranic Psychotherapy - Master ChosKok Sui 				
Reference Books	<ol style="list-style-type: none"> 1. सुजोक चिकित्सा-डॉ. आशा महेश्वरी 2. एक्यूप्रेसर-डॉ. डी. पी. बोरा 3- Miracles Through Pranic Healing- Master ChoaKok Sui 				

Post Graduate Diploma in Yoga & Naturopathy-II Semester

Course Title	METHODS OF TEACHING YOGA AND VALUE EDUCATION				
Course Code	APD01-241				
Course Credits	L	T	P	TC	
	4	-	-	4	
Prerequisites	Basic knowledge of Human Body.				
Course Objectives	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> • 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. 				
Course Contents	<p>Unit 1: PRINCIPLES AND METHODS OF TEACHING YOGA Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training.</p> <p>Unit 2: BASICS OF YOGA CLASS MANAGEMENT Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of Individualized; Teaching Techniques of group teaching; Techniques of mass instructions; Organization of teaching (Time Management, Discipline etc.)</p> <p>Unit 3: LESSON PLANNING IN YOGA Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching; Effective use of Library and other resources; Lesson Plan and its Practical applications</p> <p>Unit 4: EDUCATIONAL TOOLS OF YOGA TEACHING Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga.</p> <p>Unit 5: YOGA AND VALUE EDUCATION Concept of Value, Definition of value, Types of Values; Value Oriented Education, Value education and its components; Value oriented personality, Role and function of values in Society; Yoga as global value, Yoga as value and yoga as Practice; Contribution of Yoga towards the development of values.</p>				
Course Outcomes	Human Biology provide a comprehensive knowledge of human body and it helps to understand the impact of yogic practices upon human body and its physiology.				
Text Books	1. Swami SatyanandaSaraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990				
Reference Books	<ol style="list-style-type: none"> 1. Dr. Gharote M L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007 2. Dr. Shri Krishna: Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009 3. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi 4. Duggal, Satyapad : Teaching Yoga, The Yoga Institute, Santacruz, Bombay, 1985 5. Nagendra, H.R. and Nagaratna R : New Perspectives in Stress Management, V.K.Yogas, 1988 				

Post Graduate Diploma in Yoga & Naturopathy-II Semester

Course Title	YOGA PRACTICAL-II				
Course Code	APD01-281				
Course Credits	L	T	P	TC	
	-	-	6	3	
Prerequisites	Basic practices of Yoga and exercise.				
Course Objectives	<p>The teaching-learning of this paper will enable learner to-</p> <ul style="list-style-type: none"> • State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices. • To demonstrate and instruct under mentioned yogic practices. 				
	<p>Mantra: Saraswati Mantra (K.Bh.), Roodropasana (DevYajan), Yoga Stuti (Yoga Pratibha)</p> <p>Shatkarma : Sutra Neti (H.P.), Vaman (Gh.S.), Kapalbhathi – Vatkrum (50-100 stocks) (Gh.S.), LaghuShankhaPrakashalana (Gh.S.), Centre Noulli (Gh.S.)</p> <p>Asanas Pragya Yoga (P.Y.V.- Guruji) Vrikshashana (Y.D.) Padhastasana (A.P.M.B.) Side Band Chakrasana(A.P.) Shirshasana (Y.K.) Ardha Chandrasana (A.P.V.Y.) Pashchimottanasana (H.P.) Vyaghrasana (A.P.M.B.) ArdhaMatasyendrasana (Y.K.) SuptaVajrasana (A.P.) AkaranaDhanurasan(Y.D.) Simhasana (Gh.S.) Dhanurasana (Gh.S.) Makarasana (A.P.M.B.) Bhujangasana (H.Y.V.) Halasana (Y.K.) Vipreetkaraniyasana (Y.K.) Matasyasana (Gh.S.) Kurmasana (H.P.) Hasta Padangushtasana (A.P.M.B.)</p> <p>Pranayama Practice: Naddi-Shodhan(According to Acharyaji), Ujjai,Bhramari (H.P.), Surya Bhedan(H.P.)</p> <p>Meditations: SvitaDhyana (Guruji) , Gayatri Mantra Dhyana (Dharana & Dhyana)</p> <p>Relaxation : Yoga Nidra (Yoga Nidra, Sw. SN)</p> <p>Mudra/ Bandha: Nabhomudra(A.P.), Vipareetkarani (H.P.), Shambhavimudra (Gh.S.), JalandharaBandha (Gh.S.), UddiyanaBandha (H.P.), Hast Mudra – Panchtatva, Hridaya (M.V.)</p> <p>Viva-Voce:</p>				
Course Outcomes	A scientific and well-mannered yogic practice based on classical text as well as contemporary trends will provide healthy life and philosophy of yoga.				
Text Books	<ol style="list-style-type: none"> 1. स्वामीसत्यानंदसरस्वती - आसन, प्राणायाम, मुद्रा, बंध, मुंगेरfcgkj, 2007. 2. O.P. Tiwari - Asana why and how, Kaivalyadham SMYM samiti, Lonavala, 2012. 3. M_L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavla. 				
Reference Books	<ol style="list-style-type: none"> 1. पं.श्रीरामशर्माvkpk;Z&प्रज्ञाअभियानकायोगव्ययाम,ब्रह्मवर्चसशोधालFkku,शांतिकुंज,हरिद्वार, 1998. 2. Swami SatyanandaSaraswati - Asan, Pranayama, Mudra, Bandha, Yoga publication trust, Munger,2006. 3. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012. 4. B.K.S. Iyengar - Light on Pranayama, Harper collins publisher, New Delhi, 2012. 5. Swami Kuvlayanand - Asana, Kaivalyadham SMYM samiti, Lonavala, 1993 				

Post Graduate Diploma in Yoga & Naturopathy-II Semester

Course Title	NATUROPATHY PRACTICAL-II				
Course Code	APD01-282				
Course Credits	L	T	P	TC	
	-	-	4	2	
Prerequisites	Basic knowledge of naturopathy and disease.				
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-डॉ. राकेश जिन्दल 2. प्राकृतिक चिकित्सा एक समग्र उपचार पद्धति-डॉ. सरस्वती काला 3. History and Philosophy of Naturopathy - Dr. S.J. Singh 				
Reference Books	<ol style="list-style-type: none"> 1. चिकित्सा उपचार के विविध आयाम- पं. श्रीराम शर्मा आचार्य सम्पूर्ण वाङ्मय, खण्ड-40 2. आयुर्वेदीय प्राकृतिक चिकित्सा-डॉ. राकेश जिन्दल 3. Diet and Nutrition – Dr. Rudolf. 				

Post Graduate Diploma in Yoga & Naturopathy-II Semester

WORD KEY

BOOKS NAME	WRITER
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 -	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